PHOENIX

Volume 21 Number 15 | San Francisco State University | Thursday, the Fifteenth day of December, 1977 | Fourteen Pages

Christmas tribute for Jenny Chang

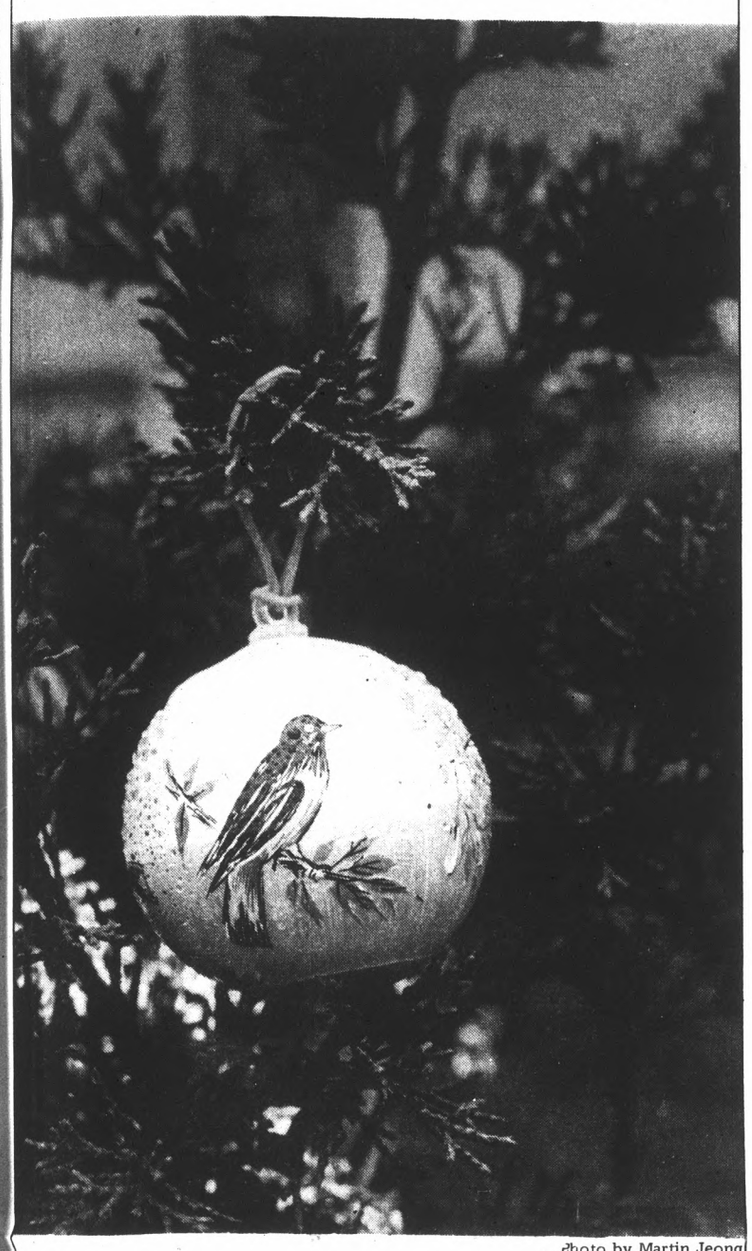


Photo by Martin Jeong

No one seems to know who did it, or exactly when. But sometime last week, someone placed Christmas decorations on the small cedar tree planted Sept. 21 near Merced Hall as a memorial to slain student Jenny Low Chang. Elsewhere on campus, a large Christmas tree in the Student Union--as well as one tree in each of the three dormitory buildings--signaled the approach of the holiday season.

Eating lunch at SF State: too crowded, too costly

Everybody's got to eat. SF State students can patronize Student Union establishments, eat off campus, or brown bag it. Administrators and faculty have the added option of eating in the Faculty Dining Center.

Phoenix *has compared eating places on and near the campus with other college campuses to determine if students are getting what they pay for and who, eventually, profits.*

Phoenix *has looked at dining areas at San Jose State University, University of California, Berkeley, Diablo Valley College and SF State. We also visited off-campus restaurants to compare quality, quantity, prices and atmosphere.*

by L.A. Craig and Karen Houser

If the food service facilities in the SF State Student Union appear to be doing a booming business, it's only because they are catering to a captive clientele.

But the five major food services in the Student Union now have a combined profit margin of less than nine percent.

Saga Corporation, which operates the cafeteria on the main floor of the Union, is receiving the smallest net profits, less than one percent a year to date.

Scandia Deli and the Union Depot share the top spot with a 14 percent net return each, while Far East Delights shows an eight percent margin of profit for its first two months of operation.

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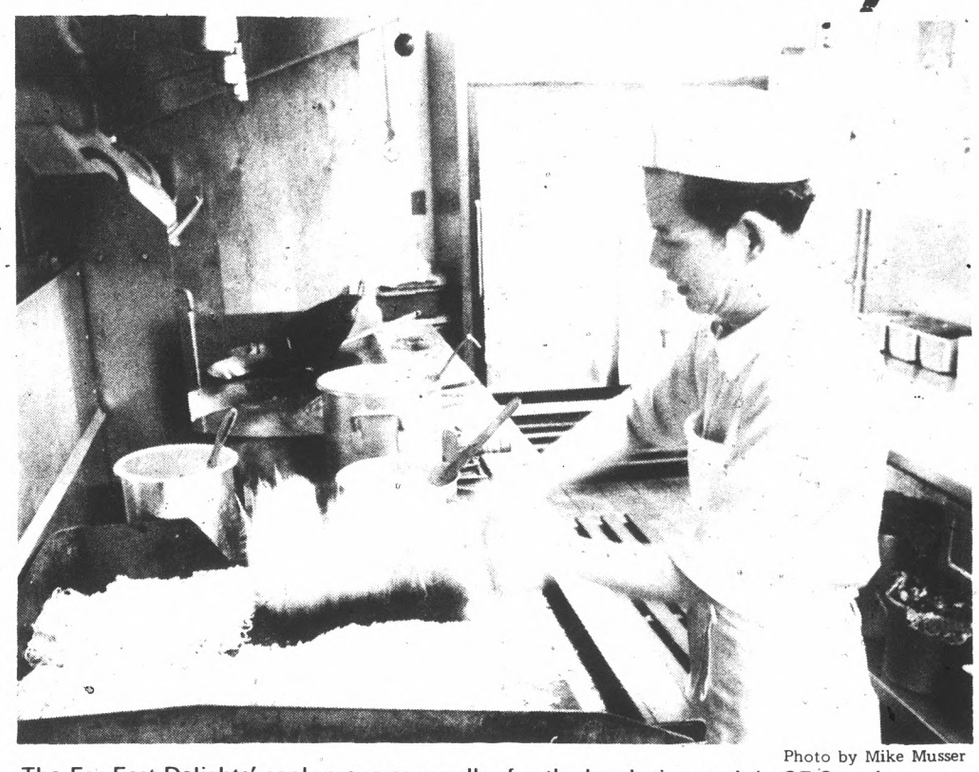


Photo by Mike Musser

The Far East Delights' cook prepares noodles for the lunch-time rush in SF State's Student Union sub-basement.

Security is tightening up, administration report says

by L.A. Craig

The SF State Public Safety Program has gained considerable momentum according to the latest progress report issued Monday by Konnilyn G. Feig, vice president for Administrative Affairs.

"So much has been happening that there is no way we can write a comprehensive report of progress made," the report said.

The report said the "rational awareness of many and the creative, self-generated actions of various areas of the (campus) community," was the most significant aspect of the program to date.

The greatest physical stride was made with the aquisition of 14 positions from the city of San Francisco in accordance with the Comprehensive Employment Training Act (CETA).

The positions will be used to augment the campus security force and bring it up to its full operational level.

The CETA positions will be made available by "Feb. 28, by the very latest," the report said.

Formerly, university police officers were spending one-third of their time on non law enforcement duties such as typing, filing, dispatching, money pickups, escorting, flag raising and parking patrols.

A university Public Safety Commission has been formed and will begin functioning in January. The commission is made up of seven administrative officers, two police officers, two students, one faculty member and one professional psychologist.

The commisssion will report directly to Feig and will voluntarily study all aspects of campus safety.

An off-campus consulting team has been asked to evaluate structural reorganization of the University Police force and make recommendations to the Commission. They will be on campus Jan. 4 and 5.

Creation of a crime prevention and education unit is waiting the consultant team's final analysis and recommendations.

A decision has been made to hire private security guard service during registration periods. They will be paid out of the regular security budget

Don Scoble, director of Public Affairs, said the response to the 10 campus suggestion boxes was encouraging. They received more than 400 suggestions.

"Some of the suggestions have already been implemented, others are in progress," Scoble said. "But many of the others are suitable for further study.

"It will take a concerted effort to improve public safety on this or any other campus," he said.

Wrap-up: this semester's top news stories

McCoy trial in January

Floyd McCoy, an SF State freshman, was fired from his job as library guard on Sept. 19 and arrested on three felony violations on Oct. 28.

He was fired with no explanation a week after Jenny Chang was murdered in the library. McCoy said he was being made a scapegoat by the university.

McCoy pleaded not guilty in municipal and superior court arraignments on the felony charges of assault with attempt to commit rape, assault with a deadly weapon and false imprisonment.

The charges stemmed from a police and district attorney's office investigation into a complaint filed by a woman on July 26. Deputy district attorney Byron Wong, who is prosecuting the case, said the arrest was delayed because the woman is a prostitute and the DA's office is reluctant to take cases involving prostitutes to court. He said he feels he has a strong case against McCoy, however.

McCoy said the prostitute's story is "all a lie."

Two of the charges against McCoy, assault with attempt to commit rape and false imprisonment, were dismissed by Judge Louis Garcia at McCoy's municipal court arraignment.

Wong said he intends to prosecute McCoy on all three charges. Instead of appealing Garcia's dismissal of the charges, he said he plans to work it out through preliminary trial motions at the preliminary hearing. McCoy's pretrial hearing is set for Dec. 27 and his court trial for Jan. 3.

AS budget stays on ice

The Associated Students will be richer than usual next semester -- by more than $230,000.

The haul from mandatory $10 student fees this semester totalled about $250,000, said Leila Nielson of auxiliary accounting. But the AS spent only $19,000, she said.

The reason is the AS budget freeze.

President Paul F. Romberg held up the budget in August with questions about procedure and the funding of some organizations.

Money was released this semester only to pay the AS officers' salaries, other grants-in-aid and some outstanding bills.

AS President Thabiti Mtambuzi sent a letter to Provost Donald L. Garrity in an attempt to answer the administration's questions.

But it seems that the budget will remain frozen until next spring when new AS officers draft another budget, including the $230,000 carry-over.

One controversial aspect of the rejected budget is the heavy cut in the funding of Instructionally Related (IR) programs.

IR programs include intercollegiate athletics, forensics, the model united nations, ethnic studies productions, literary magazines and some creative arts productions.

The program directors requested $130,258 this year and received $20,773. Athletic insurance required by law was $20,000.

According to Mtambuzi, the issue is "students' control over their own destiny." But Romberg said the budget did not reflect the interests of all the students.

While the stalemate continues at SF State, a plan to change the way IR programs are funded in the CSUC system was launched by student presidents. The plan calls for an additional student fee of up to $10 per semester to fund IR activities separately.

The fee proposal was considered by the CSUC Board of Trustees at their December meeting. They plan to vote on the idea in January.

Included with the fee plan is a set of deadlines which college and student presidents must stick to when they draw up AS budgets.

"If the plan was activated now, you (SF State) wouldn't have the problems you do now," said Craig Jones, student liason to the Chancellor's office.

A board-approved plan could be put into effect with an executive order by Chancellor Glenn Dumke by fall 1978.

Programs continue

The AS budget freeze did not stop four out of eight AS programs from running on volunteer power this semester.

EROS, Legal Referral, the Women's Center and *Zenger's*-- all normally supported by AS funds -- were able to find enough volunteers to open.

Programs that did not offer services were Child Care, the International Students advising and Veteran's advising. The exchange center was written out of the budget and stopped operating last semester.

EROS, the first to organize volunteers, has been functioning since the first day of the semester. Legal Referral opened next, followed by the Women's Center Oct. 6.

The Women's Center met with resistance from AS officers, who refused to give volunteers the keys to the office, and also ordered that the center remain closed.

Zenger's published its first issue Nov. 8 and put out a second and final one the week before Thanksgiving. Hasina Roach, editor-in-chief, said she did not use any AS funds to put out the paper.

As of now, the budget remains frozen.

Chang killing still unsolved

The first homicide in the history of SF State remains unsolved. Jenny Low Chang, 19, an honor student and dormitory resident, was found sexually molested and murdered in the fourth floor faculty reading room of the library Sept. 12.

University Police and San Francisco police interviewed hundreds of students, faculty, and library staff in connection with the murder, but no arrests have been made.

Campus and library security have recently been increased. Part of the mystery surrounding the murder is linked to library security -- the library was closed and the fourth floor reading room supposedly inaccessible at the time of the homicide.

Chang's parents have retained attorneys George Davis and Frederick B. Maguire, Jr., who are filing a lawsuit against SF State, the University Police and the state of California for the "wrongful death" of Chang.

Semester's violence toll

Violence against women came to SF State this semester. The administration responded with plans for increased security, but most measures are not yet in effect. Women on campus responded with heightened fear and awareness.

After student Jenny Chang was murdered in the library Sept. 11, a women's group formed to improve protection on campus. It met with police and administrators to discuss the use of all-woman safety patrols. The administration began preparing a report on campus safety.

On Oct. 31, teams of women began patrolling SF State at night.

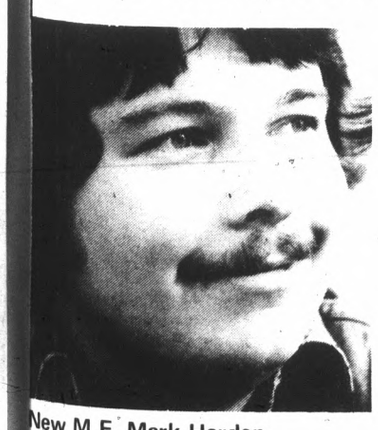
A woman student was assaulted Nov. 1, one block from campus by a man with a gun who dragged her to a nearby schoolyard and attempted to rape her. On Nov. 10, a former student was robbed and forced to disrobe at knifepoint in a women's bathroom in the biology building.

Konnilyn G. Feig, vice president for administrative affairs, was working on the campus safety report early Nov. 15 and was attacked when she entered a bathroom in the Administration Building. She was chased down the hall by a man with a knife and escaped when she locked herself in her office.

Twenty instances of men being seen in women's bathrooms were reported in several weeks.

The administration presented an Accelerated Public Safety Program report detailing mechanical and physical campus improvements currently underway and some that were being planned. Lack of funds has delayed some of those improvements.

Phoenix hits the mark



New M.E. Mark Harden.

Mark Harden has been selected by the journalism department's publications committee to be *Phoenix* managing editor for the spring 1978 semester.

Harden, a 21-year-old junior, joined the *Phoenix* staff in the fall of 1976. He has served as a reporter, city editor, and, most recently, news editor.

Formerly a reporter for the Millbrae Sun-Leader, Harden was also on the *Zenger's* staff for five semesters.

Harden won a journalism department award for investigative reporting in December, 1976, for a nine-part series on misuse of student funds.

"I'd better do good," Harden said following his appointment. "This is my last chance to be a Boy Wonder."

Centerfold

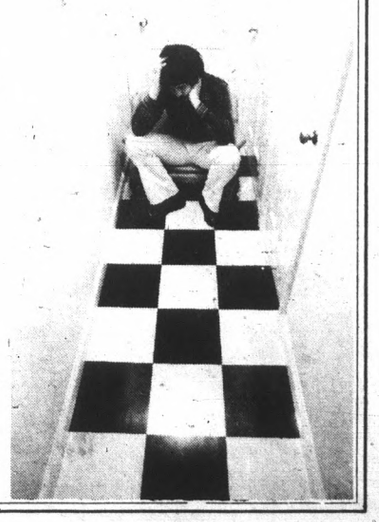
DEPRESSION:

For some, "the dark night of the soul" lasts only days or weeks. But eight million Americans suffer from depression serious enough to need treatment.

Also...

SF FILMMAKING:

Jeanne Gartland's caller--the one threatening to blow up a few trucks--wasn't some wild terrorist. He was working for Clint Eastwood.



College detente: Jews and Arabs meet

by Frank D. Inferrera

In an on-campus offshoot of Mideastern events, Arab and Jewish students got together over cookies and coffee in the Student Union Tuesday.

Until the last minute no one was certain whether the meeting would come off.

The Jewish Student Union (JSU) extended an olive branch to Arab students by throwing an informal party. Rick Wolfish, president of the JSU, and Jet Nemon, vice president, delivered the invitation at a meeting of the Organization of Arab Students (OAS).

"I had to give my hardest talk about a week ago" to the OAS, Wolfish said. "We wanted to try and overcome our barriers with Arab students on campus. They had a lot of mistrust toward me."

The JSU was acting in part on the thaw in Israeli-Arab relations following the visit of Anwar Sadat to Jerusalem.

"We think Sadat is very courageous," Wolfish said.

The OAS formally rejected the invitation because of its opposition to Sadat's diplomacy.

"We did not base this party on Sadat's visit," Nemon said when the party was scheduled to begin. "Our intentions are not to discuss politics with them. It's unfortunate that they can't accept our invitation."

At 11 a.m. Wolfish, Nemon, and other JSU members opened some boxes of cookies and tried to brew some coffee in the hope that some of the intended guests would show up.

Wolfish set up a tape recorder that he said was loaned to him by a new Arab friend.

"Yesterday he said, 'Take my tape deck,' " Wolfish said. "That's pretty much trust. I think that's great."

As the minutes ticked by, Wolfish was still optimistic that the two sides could get together.

"It just happened in the Mideast," he said.

He picked up a guitar and started to sing. "I've got the peaceful blues." Arabic music filtered out of the tape machine's speakers.

"To have us play Arab music, this is unprecedented," Wolfish said.

Finally two Arab students walked in and sat down.

Ralph Nasser and Hamid, who would not give his last name ("I'm not afraid but I prefer to keep it like that"), were both members of the OAS.

"I'm coming here as an individual," said Hamid. "I'm not representing the organization. We took a stand we would not accept it as a social peace party but we might come as individuals."

Hamid said the "touchy" point for the OAS was the JSU's mention of Sadat in connection with the party.

"We want peace but we don't want Sadat's peace," he said.

The two identified themselves as Palestinians, but the conversation did not touch political topics.

As Nasser got up to leave, Ralph Meltzner of the JSU offered a suggestion.

"I'd like to go to a Mideast restaurant and have a social affair," he said.

"I don't mind going with any of you anywhere as individuals," Hamid said.

When it appeared that no one else was coming, Daniel Graves, of the JSU, summed up the meeting.

"I think it was really nice," he said. "We didn't make it unpolitical enough because we did use Sadat's name. Live and learn."

Barely had he finished speaking when Ralph Nasser returned with four companions from the OAS, including Yousef Nasser, the organization's president.



Photo by Scott Zonder

Daniel Graves of the Jewish Student Union strummed a guitar as he waited for the party to begin Tuesday.

"If we didn't come it would seem as if we were anti-peace," Yousef Nasser said. "We don't view what is going on (in the Mideast) as a step toward true peace. We were invited on the basis of following the example of Sadat and that's the basic reason we rejected it officially. There's no concrete change in the Mideast."

He explained why he decided to come. "Curiosity," he said. "As individuals and as human beings there's no difference between us. At the level of governments, that's a different story. If the invitation came two months ago it would have been different."

He refused to say if there would be future contacts between the two organizations.

Ninety minutes after the party began, the Arabs outnumbered the Jews. The cookies and conversation moved easily among the participants in the room, but politics stayed outside. It will not be so easy for their brothers and sisters in the Mideast.

San Francisco's Nazi Party dreams of a white Christmas

It could be any Christmas party: decorated fir tree, buffet turkey dinner, wrapped gifts, the chatter of old friends.

But there are also Nazi flags and swastika arm bands.

The annual regional celebration of the Nazi Party was sponsored by Allen Vincent, San Francisco Nazi Commander. About 50 people came, not all members.

A long table covered with a paper tablecloth is surrounded by people eating turkey on paper plates. At one end, a young man in his late 20s is dressed in a storm trooper's uniform. He coughs uncontrollably, his nose runs, his head bobs down near his plate. As the children are handed small gifts from under the tree, an older woman wraps half a dozen packages of cigarettes in a paper towel and puts them beside his plate. They soon fall to the floor.

The small clubhouse in the Sunset district, rented from the city for the day, is covered inside floor to ceiling with opaque dark green plastic. The windows are covered so that a three-hour documentary film called "Swastika" can be shown. The film features scenes of Nazi Germany, of Adolph Hitler and his mistress Eva Braun, and of Nazi troops marching across Europe.

The film is highly praised by Vincent, who will hand-carry the three reels to Los Angeles for another showing there.

People in the audience mutter when the film shows violent skirmishes between the SS guard and Jews. "Ya, I vas there," shouts an old German, standing up in the dimly lit room, wearing a greenish military uniform decorated with a band of ribbons. Others laughingly shout at the film, "Send 'em back to Israel."

A scene filmed at Hitler's retreat in the Austrian Alps shows Eva Braun skating on a small patch of snow-covered ice. "Very nice, Eva," someone says softly. The voice has a German accent.

The projector is abruptly turned off in the middle of the last reel.

"That's all we're going to show of this reel," Vincent says, "The rest is a lot of killing (of Nazi troops) and we don't need that today with all the festivities. We're not masochists."

Vincent is tall, maybe six feet two inches. Twenty of his 40 years were spent in reformatories and penitentiaries. He drifts from the front of the clubhouse to the back, telling jokes about Jews and making conversation.

"Boy, you white people look so beautiful," he says. "I can't tell you what it feels like to look at all these white faces."

An attfactive blonde woman in her 30s catches Vincent's attention. He takes her hand, saying, "We need more people like you," and escorts her to a table. "Make way for Miss America."

Vincent returns to the back of the room and looks at a flag hanging there. "Who brought that beautiful Hitler youth flag? Boy, is that beautiful. Who brought it?" he asks.

A man in his early 50s slowly unrolls a two by three feet red and white hooked rug with the swastika in the middle.

"I made it myself," he says, flushing with pride. Some members compliment his handiwork.

Vincent returns to the front of the room with his latest joke: "Hitler was met in heaven and asked when he would come back again and lead the Nazis to victory. He tries to decline, but finally agrees and tempers it with, 'OK . . . but this time no Mister Nice Guy.' " People chuckle. It's a familiar line.

Now another member takes the floor. Vincent says he's an attorney.

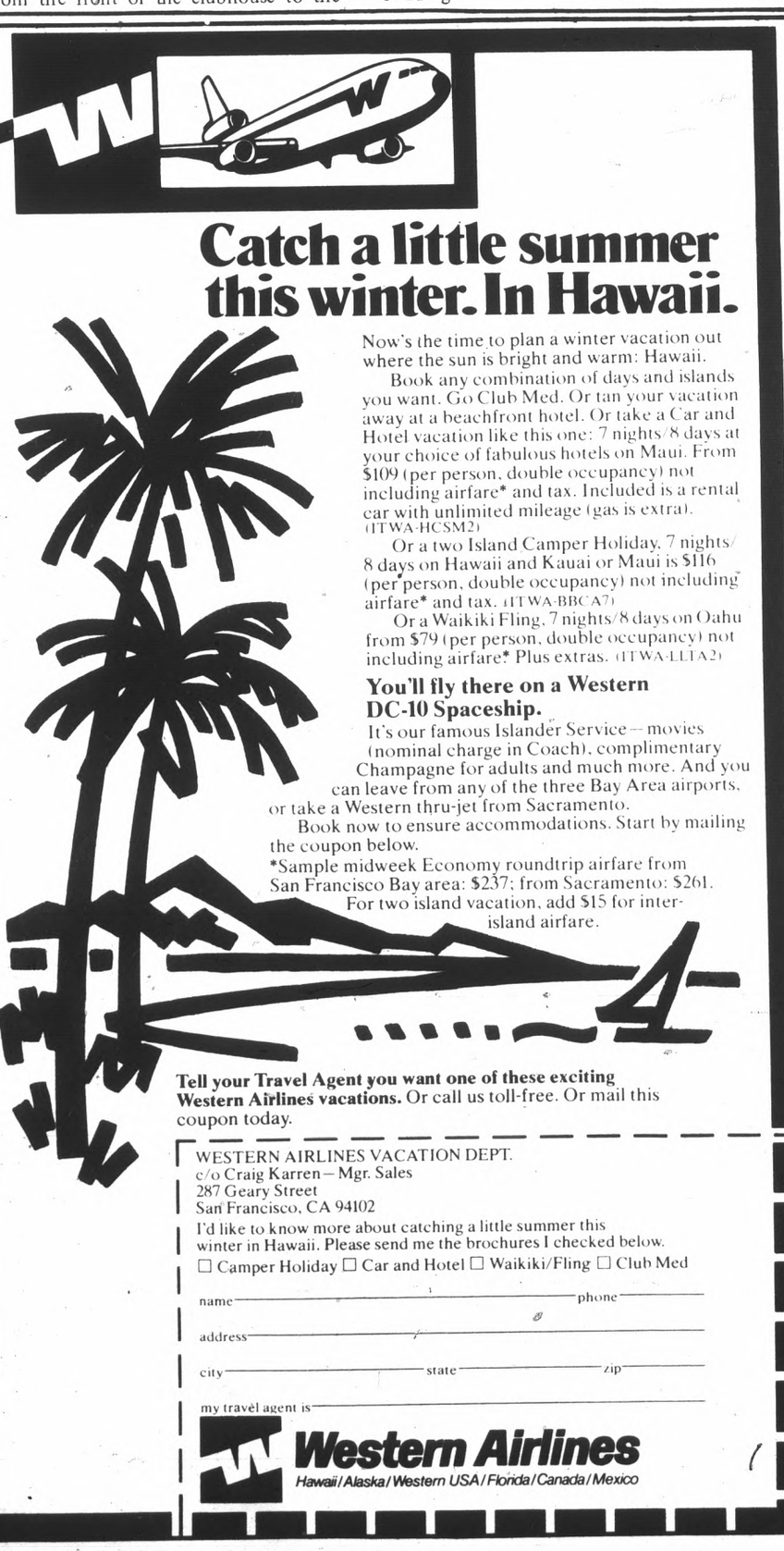
"The honeymoon between the Jews and the blacks is over, folks," he says. He bellows statistics on Watts, Calif., the media, and the oil crisis. He talks about the impact the swastika has on the Jews.

"The Jews act irrationally when we flash the swastika. They know they can't dispute what we say," he says.

After five minutes he stops abruptly and several arms with clenched fists are raised. In unison the members shout, "White Power!"

A card table near the Christmas tree has an assortment of books and pamphlets for sale: Mein Kampf, White Power, Nature's Eternal Religion, and reprints from recent Examiner and Chronicle news articles about the Nazi party. Sales are brisk.

The cleanup starts. The tree lights are unplugged. Empty plates are loaded in boxes. Crumpled paper wrappings are cleared away. In an hour all traces of the party are gone and the dusk light streams back into the public building.



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Student Union's big bite of food profits

Continued from Page 1

The Big Enchilada has yet to submit any monthly profit and loss statements, which is a breach of contract with the Union.

Despite low profits by the operators, students are continually complaining about the high cost of food in the Union. But if the operators don't get it, who does?

Simple. The Student Union.

Rent is one of the services' biggest expenses. Each contractor must pay an annual rent of $16,480, paid in monthly installments to the Union.

Also, each food service operator pays a commission of 10 percent of total sales to the Student Union, and an additional six percent of sales more than $150,000.

According to Lou Bauer, Student Union director, the Union is essentially a non-profit organization. Any profits made by the Union will be used for maintenance, operation and programs.

However, any increase in food prices (which will only be considered in negotiating a new contract) must be approved by the Student Union Governing Board.

"There is no motivation that translates price increases into additional revenue for the Student Union," Bauer said.

Food service contracts are awarded to bidders on the basis of:

* Length of time the bidder has continually operated a food service.

* Evidence of successful and satisfactory operation of the service during the last five years.

* The quality and preparation of food in other locations.

Also, each bidder must submit a list of references, a menu plan and portion schedules.

According to the General Provisions of Food Service Bid Proposals, "The Student Union reserves the right to reject any or all bids, or to accept other than the highest net return for the Student Union . . ."

"We accept the bid which proposes the largest portion at the least price," said Bauer. "We usually turn down requests for food price increases unless they have an adverse reaction to the operation as a whole.

Operators must contend with rising wholesale prices, increased labor costs and rent. Any price increases are not meant to increase profits, but to maintain profits," Bauer said.

"We feel that the operation as it stands is much more feasible than for the Student Union to take over food service. When operators are working for themselves, there is a greater incentive for them to do a good job.

"Food quality is related to individual preference," he said. "As far as we're concerned, students vote with their dollars. If they don't like it, they will stop buying it."

But other colleges with different systems of food service operation manage to provide both good quality and low prices.

San Jose State University's Spartan Pub sells seven different kinds of beer, including three dark beers and a low calorie beer. The Ice Cream Crepery Parlor at the University of California, Berkeley sells 32 flavors of ice cream. Waiters and waitresses serve coffee in glass coffee cups on cloth-covered tables at the Norseman on the Diablo Valley College campus in Pleasant Hill.

A cup of coffee costs 25 cents at Berkeley and Diablo Valley. (For 30 cents, fresh ground coffee is available at Berkeley's Deli, and at the Norseman there is table service at San Jose State.

The food service structure is different on each of these campuses.

The University Food Service at Berkeley is connected directly to the university. Employees for the 10 food service locations, including the Deli, Ice Cream/Crepery Parlor, Soup and Salad Bar and the Golden Bear Restaurant, are hired by the university personnel office.

According to Agnes Bierwagen, Berkeley food service manager, this structure allows the university to make changes easily. If the university management is not happy with the way the food services are being run, she said, "they can replace me."

"We try to make enough profit to put back into the buildings" for repairs and improvements, Bierwagen said. But the University Food Service exists to serve, not to make money.

At Diablo Valley College, both the cafeteria and the Norseman are connected with the school's Hotel and Restaurant Management program. All food is prepared by students in the program. Students act as hosts, waiters and buspersons for the Norseman. Some students work in the cafeteria to satisfy laboratory requirements.

Frank Schellings, program chairman, said the campus food services and the customers both benefit from the use of non-paid student labor, but he places the credit for the low prices elsewhere.

"I think it is probably good management -- knowing how and when to utilize the talent," he said.

He said, "Anything that is generated from the food sales comes straight back into the food program."

The Norseman is currently preparing for its annual Christmas Buffet. For $5 a customer can have all he can eat of salads, vegetables, ham, turkey with "all the trimmings," dessert and beverages.

Everyday at the Norseman, a host greets customers, and waiters and waitresses dressed in formal black and white uniforms take orders. The plates at the salad bar are chilled and desserts are "prepared daily," not frozen.

All food services at San Jose State are run by the Spartan Shops, an auxiliary organization similar to the Franciscan Shops at SF State.

Ronald C. Barrett, San Jose State Student Union director, said the Spartan Shops offered to contribute $1.1 million to help build the San Jose Student Union (completed in 1969) in exchange for an agreement that Spartan Shops would run the bookstore and the food services in that facility.

The Spartan Shops "budget a small profit," said Barrett, but "basically want to break even." No profit was made until 1976. As part of the food service contract, 75 percent of any profit made goes to the Student Union. But the Spartan Shops are fully responsible for any deficit that may be incurred, said Barrett.

Spartan Shops is also responsible for remodeling to make the food service area more attractive. "Basically, the Student Union is responsible for the building and major furnishings," said Barrett. "We essentially gave them (Spartan Shops) a fully equipped area."

Barrett said the Student Union Governing Board has an "on-going evaluation system" of the food service offered by Spartan Shops. Union employees periodically eat a meal in the Union, free of charge, and evaluate the service, the appearance, the food, and the atmosphere.



Diners in the SF State Student Union sub-basement have plenty of company for their meals--whether they want it or not.



Photo by Mike Musser

Meanwhile, space and atmosphere abound in U.C. Berkeley's campus food center.

The student gourmet: the best for the least

by Dan Markey

SF State provides food for thought, but not for the stomach. A connoisseur of good food could starve to death here.

But you can get a good cup of coffee and drink it in pleasant surroundings, at two places nearby.

The Ecumenical House, at the corner of 19th Avenue and Holloway, serves 8 oz. cups of Columbian, French or combined blends of coffee for 30 cents.

Simply Scrumptious, in the Stonestown mall, offers the same blends, served in heavy glass mugs for 50 cents.

Although all the Student Union restaurants serve coffee, none of them can begin to match the quality of the above noted spots. Only two are worthy of notice for other reasons. Scandia deserves attention because it offers a variety of portions: 8 oz., 30 cents; 12 oz., 40 cents; 16 oz., 56 cents. The Union Depot, tucked into a dimly lit corner of the Union basement, and then winding around above the depths of the game room/dining area, is notable because it has a modicum of ambiance. It is the closest thing to a coffee house in the building. Union Depot also serves dessert dishes and Swenson's ice cream.

Aside from infrequent barbeques sponsored by campus clubs, hamburger fanciers here are out of luck. The SAGA cafeteria offers a bland, grill-fried slice of meat which even MacDonald's would be loathe to serve. SAGA's top-of-the-line is the Jumbo Burger, two of those thin slices on a bun, with tomato and lettuce for $1.23.

Doggie Diner, a short walk south on 19th Avenue, serves a similar product, the Western Burger, for $1.05. It is slightly more palatable than SAGA's Jumbo.

Walgreen's and the Emporium in Stonestown also serve lackluster burgers for about $1.50.

If you have a car and an hour for lunch, you can get the closest thing to the perfect burger, according to Herb Caen, at Bill's Place, in Lakeview Plaza, northwest of the campus, off Ocean Avenue. One of the house specialties is the Herb Caen Burger.

Another tip for mobile luncheoneers. Craving for something more exotic than a hamburger? Some of the best soul food in the city is served at Leonard's Hickory Pit, 1516 Ocean Avenue. Leonard's used to be located on pre-redevelopment Fillmore Street. It is rumored that the smoke-aged oven was transplanted brick-by-brick to the Ocean Avenue location. Leonard's serves barbequed beef, hot links, ribs and potato or peach pies. You can't get out the door for less than $3, and unless you're feeling especially adventurous, opt for the mild, not the hot, hot sauce. The hot, hot is not for the weak of stomach.

Scandia has good deli sandwiches in the $1 to $1.40 price range. But there is a delicatessen in the Parkmerced shopping center, a five-minute walk south on 19th Avenue to a gate in the chain link fence, were you can get better ones for about $1.25.

Best buy in the area in the sandwich category is Walgreen's soup and sandwich combo for $1.19.

Three SF State graduate students, Paul Hui, Anthony Chin and Richie Wong, manage the Orient Delight in the Union. They are the first students ever granted a restaurant contract by the governing board.

Lou Bauer, Student Union director, said they got the chance because of their experience in the business and because their food fulfills a two-fold objective of the Union -- to have both an Oriental food outlet and a vegetarian restaurant. Their contract specifies they will serve vegetarian dishes on a regular basis.

The three men also manage Chung's Kitchen on Clement Street.

Bauer judged Orient Delight's No. 1 combination one of the best buys in the Union. The No. 1 combo includes two pieces of chicken and either chow mein or fried rice for $1.35.

There is a Chinese restaurant in Stonestown's Chateau International, but it can't match Orient Delight in either price or quality. Chow mein alone costs $1.35 there.

The Big Enchilada, the Union's Mexican food restaurant, is managed by Emilio Gutierrez, who formerly ran El Charo in South San Francisco. Best buy here is the beef or chicken burrito, with rice, beans, tomato and lettuce for $1.25.

Foods of Mexico, in the Chateau International, wants $2.10 for a single frozen enchilada.

Martha's, a Mexican restaurant near the end of the M-car tracks, serves the best food of its kind in the area, but it is relatively expensive.

Hot sandwiches are the specialty of Stonestown's Red Chimney and the Hofbrau in Chateau International. Neither place offers a particularly good representative of the genre.

For the traditional bacon and egg breakfast, the best buy around, even though the hash browns should be condemned, is probably SAGA's No. 2: two eggs, bacon or sausage, hash browns, toast, juice and coffee for $1.75. The next best thing is a similar offer at Walgreen's, without the coffee for $2.29.

Bagel and cream cheese makes a nice, light breakfast or lunch. Scandia has the best buy at 39 cents. At the Ecumenical House the price is 50 cents.

For special occasions there are two semi-elegant restaurants in Stonestown which offer a variety of delectable dishes at steep prices.

Mentioned earlier, Simply Scrumptious serves soups, salads, sandwiches and quiche for about $3. For breakfast the pastrami and cheese omelet is $2.95.

The Greenery, a fern and wood place, is located on the top floor of Bullock's. The Greenery serves a gourmand's dream called Avocado Pot for $4.50. The dish is hailed on the menus as, "Fresh avocado filled with choice of creamy shrimp or our chicken and turkey salad, all in a bed of crisp greens and alfalfa sprouts." Umm-Ummm.

Gourmand's dilemma: food at SF State

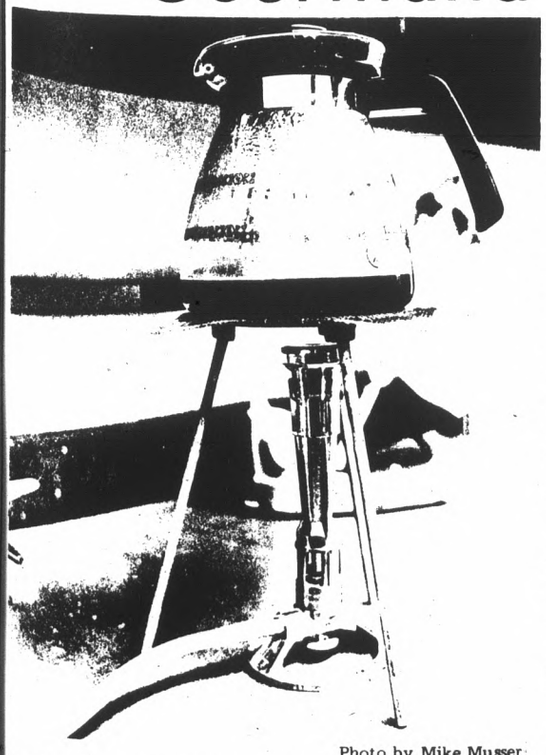


Photo by Mike Musser

Coffee boils over a laboratory gas burner.

by Robert Rubino

If we are indeed what we eat, a lot of people on this campus are in trouble.

Watery eggs, tasteless hashbrowns, pasty pancakes and cold bacon make up the bulk of the breakfast offering from the fabulous Gold Coast. Below, you can opt for sugar and caffeine at the atmospheric Union Depot.

Random observations on a few mornings revealed the Gold Coast's customers are not usually regulars. They tend to be hungry people who want their food weighty but not necessarily tasty.

"No, I've never eaten here before," said Raymond Javenkowski, a sophomore. "I'm starved, that's all. I missed dinner last night. I don't expect it to be all that great -- after all, it's only cafeteria food."

Downstairs at the Union Depot, there are a different breed of early birds. There are generally 10 to 20 regulars who arrive between 7:30 and 8:30 a.m. and get their daily motivational force from a few cups of French Roast or Columbian.

"I need my dose of caffeine," Lorraine Shelby, a junior, said, while puffing on a Marlboro. "Yeah, I'm here about every morning, I just need a couple of cups to get me through the morning. If I'm hungry, I'll get a pastry or a piece of carrot cake."

It's only surface observation, but the people at 8 a.m. at the Gold Coast seem rather lifeless, almost bovine in expression.

The speed freaks down at the Depot, though, are reading, writing, talking, cramming, smoking. They are revving their engines for another exciting day of academia.

Lunch is a matter of convenience for many. Nobody interviewed expressed a desire for Student Union food or even a mild loyalty toward one particular concession. Many simply pick their food by choosing the shortest line.

Off-campus cuisine doesn't seem too popular either. Stonestown is a time consuming walk and parking spaces are too precious to jeopardize.

There are always a hearty few who bring their lunch and eat in the bleachers, where it is considerably more quiet than the chaotic, overcrowding and juke box noise of the Union at noon. Besides, the bleachers provide a panoramic view of the campus -- and for some, a private place to smoke dessert.

The few professors interviewed either brown bag it or eat at the Faculty Staff Center. Curiosity inspired a phone call to find out where the power eats.

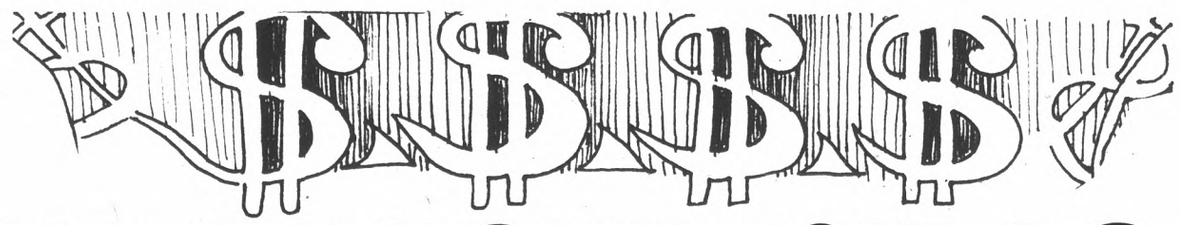
Neither President Paul F. Romberg nor Provost Donald L. Garrity bother with campus cuisine. Romberg's lunch is usually prepared by his secretary -- "just a salad or a sandwich." Garrity usually leaves campus. But then, he needn't worry about losing his parking space.

There's a small cult of lab assistants who cook their lunch on a small Bunsen burner in Bio. 750. But apparently it's supposed to be a secret because inquiries resulted in responses such as "No, it really isn't done all the time. It's only for convenience -- we heat up a can of soup or something. No, you can't use my name. Don't make a big thing about it. Some professors do it, too, but nobody is supposed to know."

The vending machine crowd is another story. Basically the kind of people who would rather deal with machines than humans, this crowd's psyche is summed up by freshman Mark Mooney.

"The campus is large and overcrowded," he said. "Here I feel I have my own space. I can get my candy and cigarettes and I can relax."

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The staff dreams are made of



Goodbye, good luck, merry Christmas and a happy new year from the folks at Phoenix: from left, Robert Rubino, Julie Simon (managing editor), Bill Cone (cartoonist), Mary Bauer (editorial editor), Ed Lit, Cindy Kasabian (Centerfold editor), Bill Chapin (faculty coordinator), Dirk Smith, Karen Houser, Mike Habeeb, Eric Newton, Mark Harden (news editor), L. A. Craig, Damian Strahl (copy editor), Lisa Smith, Russell Pike, Jude Novi, David Ruiz del Vizo, Joanne Melody, Dan Markey, Harold Kruger (sports editor), Terry Jacobs (arts editor), Michael Musser, Bob Andres (photo editor), Maureen Ferris. Missing: Bob Wardell (assoc. news editor), Kathy Ayers (city Editor), Caroline Young (assoc. city editor), Marysue Smith (assoc. copy editor), Scott Zonder (features editor), Brad Asmus, Frank Aragona, Jeff Burkhardt, David Bella, Lisa Brewer, Chuck Burwell II, Lynn Carey, Pam de Deugd, Ken Dorter, Jacquie Harmes, Rod Herman, Frank Inferrera, Marrilee Morrow, George Mena, Madeline McKay, Lori Onstenk, Kenneth Perlmutter, Elaine Peterson, Monroe Schacht, Lorna Stuckgold.

Cost drops

Class schedules' ad attraction

There's a new face on campus, but it's not a new administrator or lecturer. It's the new glossy class schedule, now priced at 19 cents.

Besides listing room locations, times, and class instructors, this semester's course bulletin features an American standard -- advertising.

A Budweiser ad with a 1978 Gator basketball schedule is in the four-page center spread. The rest of the bulletin contains ads for Bose speakers, Hohner guitars, Cuervo Gold Tequilla, the Paullists, the Red Cross and Mighty Midget speakers. It is printed on glossy paper with expensive four-color reproduction.

The publisher is University Communications (UC), a company in Rahway, New Jersey. Ed Seyler, manager of college relations for UC, said the company contracts with 40 schools in the United States and publishes over 100 University publications each year.

UC contracts for the printing and typesetting, and offsets the cost to campus bookstores with income generated from national advertising.

Former class schedules had no advertising, and ranged in cost from a low of five cents in Fall 1974 to a high of 42 cents in Spring 1976.

The Fall 1974 price cut occurred when the Associated Students (AS) bought the bulletins from the bookstore to give them free to students. The bookstore added five cents to the price to cover its personnel and distribution costs. This year, the bookstore added six cents.

The text of the schedule -- the course numbers, times, rooms and instructors -- is prepared by J. Brahdford Pringle, academic planning and service director, and his staff.

According to Pringle, the new format with advertising was chosen "to lower the price to students and see the reaction to a different style." Pringle said the administration will review the new product to determine if SF State will again contract with UC.

There has been a mixed reaction on campus to the new format. Many people object to the advertising.

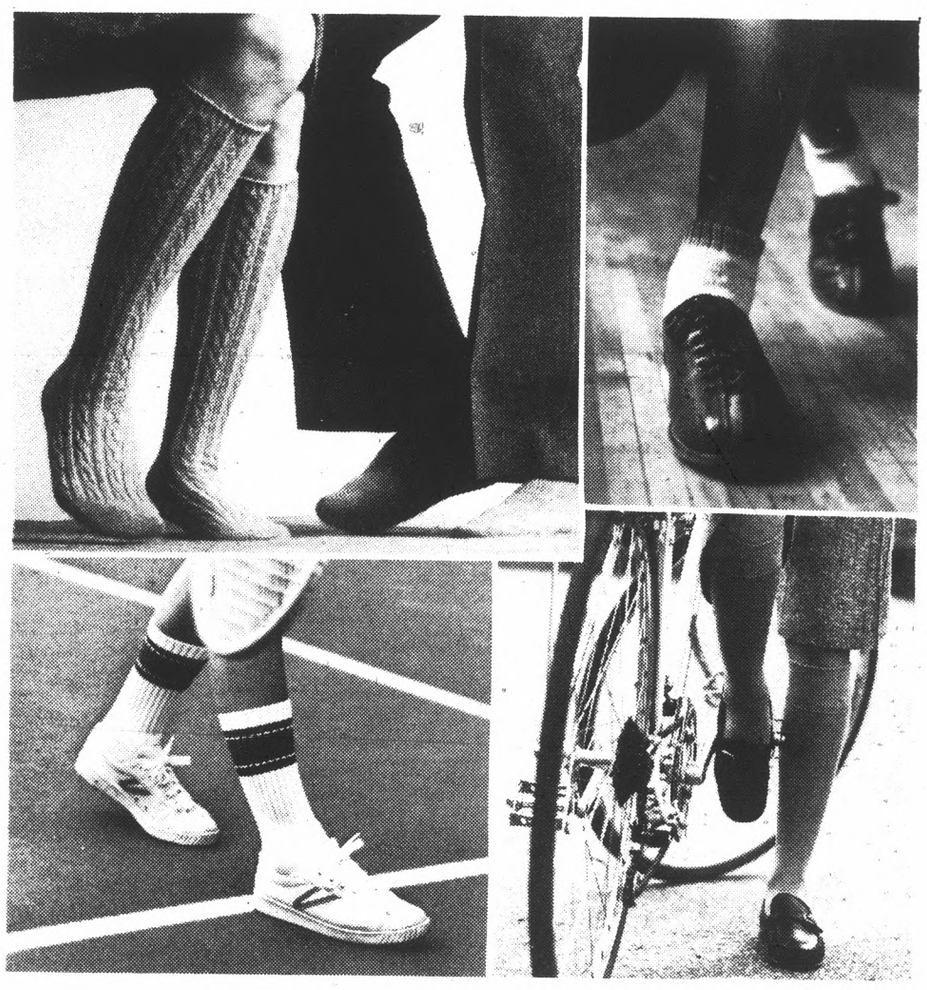
"They should pay me 19 cents to take it," said Laura Hagan, a student. "This is ridiculous."

"You can't even pick a class without someone trying to sell you something," said Dr. Ralph Putzker, art professor.

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Crime wave needed

Campus police don't want help

by Lori Onstenk

More than 500 city police officers patrolled SF State in 1968 to quell campus disorder. But this semester's crimes here are not reason enough to call for off-campus assistance, administrators and police say.

Don Scoble, director of public affairs, said Monday that another murder here would not warrant adding city police to the campus.

"You'd have to demonstrate with statistics that you're having a crime wave -- not just random incidents, but something beyond that," he said.

"My understanding of it is we do not have a crime problem here. Not in any way do the statistics reflect a crime epidemic."

Acting Chief of University Police Fred Andrews said adding city police to his force "wouldn't make any difference, really."

He said the police force's biggest problem is being understaffed.

"It's a temporary thing we're going through right now," Andrews said about the reduced police force. "It's unfortunate that the crime situation has changed at the same time."

He said he would not call for off-campus assistance unless there was a "critical emergency like a riot or major disaster, or a big increase in the number of violent crimes."

Andrews also said there is not a major crime problem here.

"The crime rate is not that different from last year. Aside from a few unusual incidents, the rate hasn't gone up that much," he said. The only kinds of crime that have increased are "crimes against women," he said.

He said he thinks the University Police force should be "brought up to strength" because it is understaffed by five right now. There are normally 16 peace officers, but there are currently only 11.

Scoble said he did not think the campus force was increased during the 1968 student strike.

But the force was augmented then by the city police for the first time in SF State history. Off-campus police were first called on May 22, 1968 to disperse demonstrators from the administration building. They were put on permanent patrol here in December, 1968. At the time there were 500 to 600 police and highway patrol officers on campus, according to *Phoenix* accounts of that week.

Scoble said he finds it "ironic" that students want a bigger security force now.

"The big cry then (1968) was to get all police off campus, not just the city police. Now it's just the opposite," he said.

Millions stolen by computer thieves

by Jacquie Harmes

The crime of the future will only take milliseconds, and you won't need a gun to rob a bank.

Computers can do it for you.

Donn B. Parker, an expert on computer crime, told SF State students last week that he expects the number of computer crimes to increase. The United States lea
United States led the world in computer crimes last year with 349, followed by the United Kingdom with 20.

Parker, 48, said at least hundreds of millions of dollars are lost by computer crimes every year.

Under Stanford Research Institute and the National Science Foundation, Parker, who has worked with computers for 27 years, has compiled a file of 550 computer crimes. He has also written a book, "Crimes by Computer" which details how some of the crimes were committed.

Parker explained methods used against the most common victims of computer crime: banks, the government, educational institutions and manufacturing.

Criminal operators can use the "salami technique" to establish a separate bank account for themselves. They code a computer to round off accumulated interest amounts in other accounts and deposit them in their own.

The "Trojan Horse" method allows operators to code in fraudulent instructions with the computer's regular programs. This system allows the operator to siphon off money and transfer funds, although the computer still reads out correctly.

Parker said he believes computer crime will eventually decrease with the sophistication of computer auditing techniques. But then the operators will try to net larger amounts of money quickly, because there will be a greater risk of being caught, he said.

"There is nothing new about the crimes being committed. Embezzling, larceny, fraud and sabotage have always been around. But computer crimes are new because of the change in occupation of the criminal.

"This is white collar crime," he said.

Crime by computer is popular, Parker said, because so many financial transactions are handled electronically.

A bill proposed in June would make unauthorized use of federal or interstate commerce computers a federal offense.

Parker said he thinks the bill is too harsh because the punishment --federal prison -- does not fit the crime.

Parker described the typical computer criminal as being intelligent, 18 to 30 years old and fond of game playing. He said most computer criminals have a "Robinhood syndrome" and are over qualified for their jobs.

"I am absolutely amazed at one thing about these people. They don't have any ethics. They don't really think they have stolen money from people," Parker said.

Campus immune to computer crime

Ward Sangren, the man in charge of SF State computers, said the equipment here is too primitive to allow computer crime.

But Yale Patt, a computer science teacher here says our system may be vulnerable to tampering.

Sangren, Information Systems and Analysis director said the computer which controls money from financial aid is only accessible to the computer center staff and some students.

SF State paychecks are issued from a Sacramento computer.

"Access to the main computer is limited to programmers and some students and if anything was going on, it would have to be an inside job," Sangren said.

There are no guards for the main computer. Computer programmers enter with key cards and only a few students use the main computer for instructional purposes.

The school's two computers are located in the basement of the library. The main computer does the administrative business (grades and admissions), while the other computer is for general purpose and student instruction. There are 24 terminals across campus that tie into the instructional computer. The main computer has no instructional tie-ins.

"I don't know of any instances of leakage," Sangren said. "There was a case at University of California at Los Angeles where some students changed some grades. It couldn't happen here because our computer only handles one program at a time."

One computer programmer said the information fed into the main computer is shredded. That way it can't be reprogrammed.

Patt said he thinks someone "could conceivably change grades" on the campus computer.

"Most crimes in universities are committed to beat the system," Patt said. "In the case of this university, some of the programs are so complicated no one could break the system except the guy who made it up."

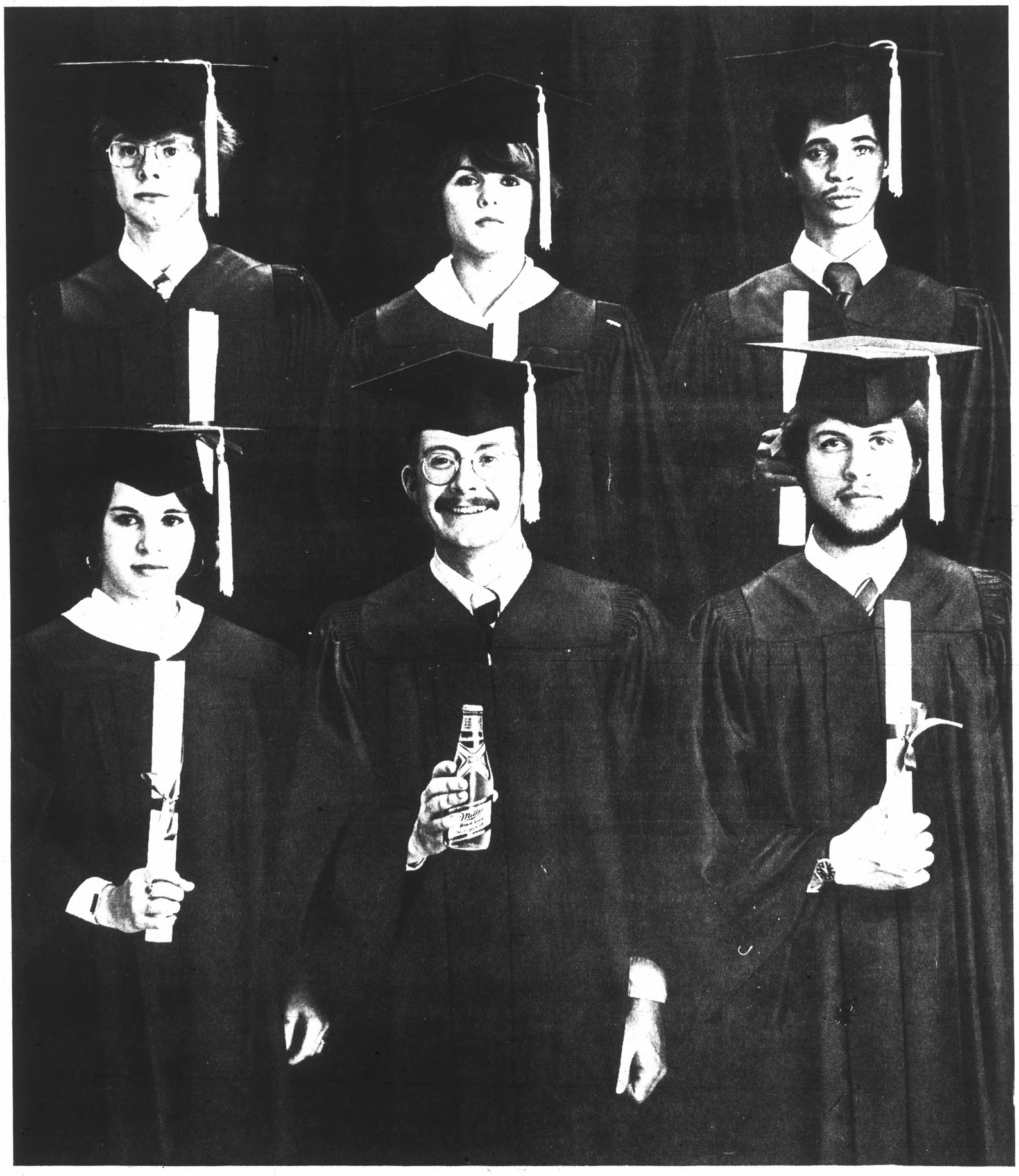
Patt is helping to form the computer science department. He said he hopes the chancellor's office will approve the department for computer science majors to graduate in June. The department has already been approved by SF State President Paul F. Romberg.

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Now comes Miller time.


OPINIONS

Union cleans up on food prices

The Student Union is raking in enormous amounts of money from student fees and Union food concessions.

But the high-paid innovators busily mismanaging the Union can't seem to come up with a plan to provide students with good, inexpensive food.

Other colleges in the Bay Area have imaginative programs that serve students without draining their wallets or imposing high overhead costs on concessionaires.

Union restaurants aren't making a killing profit. Saga Foods, for one, has been netting less than one percent annual profit.

Additionally, concessions pay exorbitant rents to the Union ($16,480 per year), and must pay the Union multiple commissions on their sales.

Lou Bauer, Student Union general manager, says any profits made by the Union are used for maintenance, operations, and programming. At the same time he insists on the financial necessity of raising student fees and cutting Union programs.

Before he was hired, Bauer was touted as the managerial wonder who could clean up the Union's financial problems. But he seems to take a let-them-eat-cake attitude toward wasted money and the food quality he oversees.

"Students vote with their dollars. If they don't like (the quality) they'll stop buying it," he says, apparently forgetting the Union is the only place in the neighborhood to grab a ten-minute lunch between classes.

Bauer has been on the job six months, not long enough to make sweeping policy changes. But changes in the current system should be made.

Other colleges have proved that dining on campus can be a pleasure, rather than an expensive exercise in mealtime desperation.

Guest opinion

The mutual benefits of part-time hiring

by Bruce Finson

Last week I was asked to pose for a photograph illustrating a **Phoenix** article about part-time teachers. My understanding was that the article would tell about people who combine teaching with other work. So I was surprised, on publication, to find that the article accompanying the photograph of me was not that at *all*.

The article seemed forensic rather than informative in tone, and it espoused a view not in accordance with my experience. The impression I received from the article was that the author felt that part-timers are being exploited by the administration.

My experience has been otherwise. Because of my practical knowledge of a certain field -- science writing and editing -- I was asked to teach a course in this subject. The arrangement that was concluded seemed beneficial to all concerned. I had a chance to return to college teaching after acquiring two decades of practical experience as writer and editor.

The students would benefit by learning from someone who knew his subject experientially as well as conceptually. And the administration was enabled to provide an additional educational opportunity on a flexible basis. The fee that I was offered seemed consistent with my knowledge and experience, and I saw the relationship between me and the university as a businesslike and contractual one: that is, I was to perform certain work for a stipulated fee.

For these reasons the current controversy over the status of part-timers has puzzled me, as did the editorial stance of the **Phoenix**, which seemed one-sided and emotive rather than balanced and factual.

It seems to me that the goal of the administration differs from that of many part-timers. The administration has made it clear that it views part-timers either as temporary load-levelers or as people who, because of their non-academic experience, can offer students an expertise complimentary to that of the regular staff.

But some part-timers are taking such temporary appointments in hopes of breaking into a tight employment situation and eventually becoming regular, full-time staff. It is this difference -- between administrative policy and individual goals -- that I see as the crux of the problem.

The administration and the part-timers, with the best of intentions on both sides, do not understand each other. Administration is trying to solve a difficult staffing problem. Part-timers are trying to resolve a difficult employment situation.

An awareness of this difference, coupled with an assumption, by each party, that the other might be sincere rather than manipulative, may well be of help in finding a new approach. And a new approach is needed to help resolve old polarities concerning salary, benefits, and status.

In future discussions of these polarities, it would be well to recall that the goal is improved education. What seems central to that goal is the great educational value of having, as teachers, people who have acquired non-classroom experience in their professions.

Such people offer an integration between academy and community that is one of the most exciting and creative aspects of current education. With the educational goal in mind, it would be possible to devise an administrative scheme that would fairly resolve questions of time and money.

This might lead to an increase in part-time teachers, because teachers could then be selected in terms of their practical experience as well as their theoretical knowledge. The ultimate in educational relevance would be that it have something to do with life.

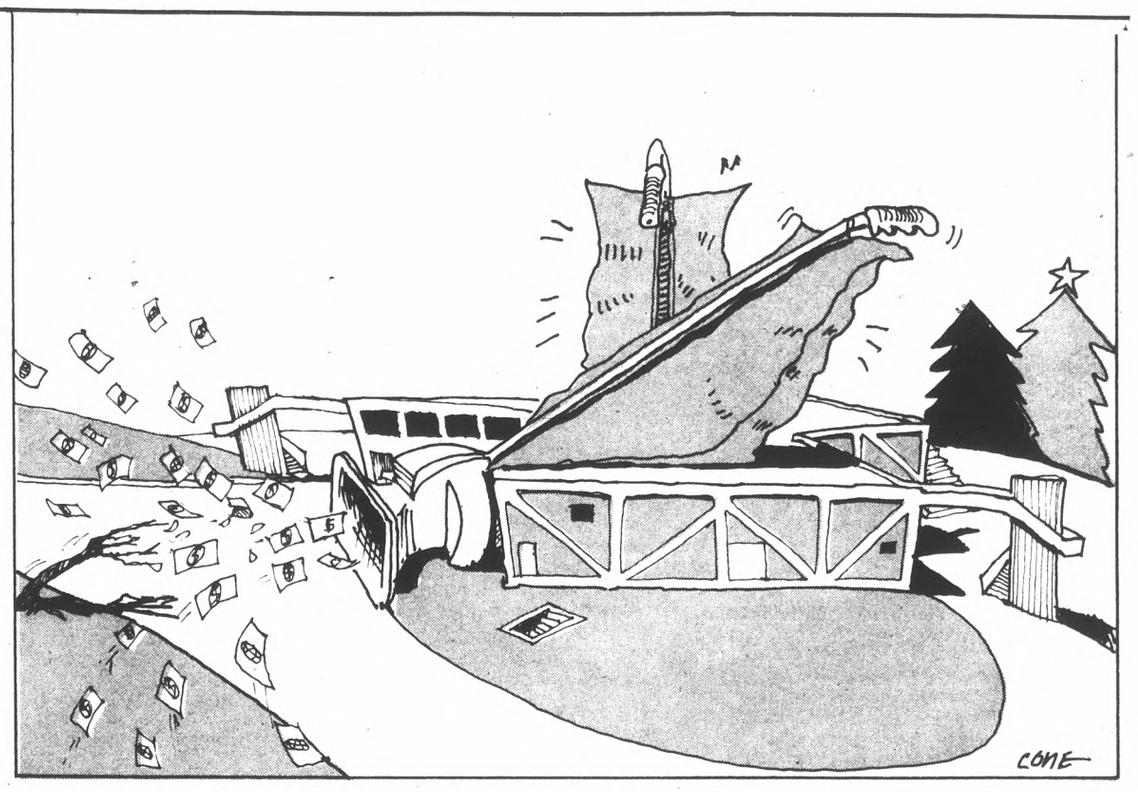
PHOENIX
1977

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Research for some of the stories appearing in Phoenix has been made possible by a grant from the Reader's Digest Foundation.

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Holiday poll

Gratitude slumps this season

by Jim Gibbons

Heigh-de-ho! Heigh-de-hey! The holiday season is upon us! Hooh-ha! Thanksgiving has come and gone, hasn't it now, and soon Christmas will be here, too. Then maybe the nuclear holocaust (if we're all very good). Otherwise, Spring will move in with its pinks and yellows, followed by Summer with its informal demeanor, and then, finally, Fall will come, and we'll have a chance to look back and see how little we've accomplished.

On this holiday season, the most recent Harris poll indicates, a plurality of Americans are less thankful than they were last holiday season. Well, don't worry about it, it's all right, is what I'd tell the American public, if that Southern Hick Carter would clam up for a moment, and let us real Americans speak.

Don't worry about it -- it's not the high rate of inflation teamed with the high rate of unemployment that's got you down, American Public. Rather, it's the unceasing sameness of the seasons teamed with the effects of my alliteration that's got you down. Nothing's going to be done about my alliteration, but we can do something about the unceasing sameness of the seasons, I think.

How about it, nature? Put your shoulder to the grindstone and turn over a new leaf! No more of this friendliness on our part; no more "ecological balance" or "Save the Whales and Ban Strip Mining" crap.

It's you against us. Either switch the seasons around once in a while, or prepare to suffer for it. You want to see strip-mining and Earth-raping, we'll show you strip-mining and Earth-raping.

As a suggestion, why not put all the good stuff together? For instance, give us twenty years of nothing but Spring, Summer and Fall. Then for the five consecutive years of winter we can leave the robots to put up with it, and we can go vacation on Uranus, or something

Only kidding, Earth. You know that. I'm just a silly, inconsequential fellow. I think you're doing a fine job. And while we're on the subject, you might just make the median temperature here about five degrees warmer, and make Spring and Autumn a shade more dramatic. You know what I mean, baby? Just a shade. Otherwise we'll have to kill you.

Yes, this holiday season I have things to be thankful for -- although aggressive, tall people seem always to try to take them from me. And, in fact, one can be thankful for some of the elements of the season itself -- namely, whatever festive social gatherings one may be involved in. Here's how I envision the beginning of my festivities.

About 9 o'clock on Thursday evening, after my last class, I plan to drop off at Finnegan's Wake and have a Bass Ale.

My plans become definite again on Friday evening, about 6:30. I'll head over to Margie's because that's where a big pre-Christmas dinner is being held. I'll shuffle into their yellow kitchen and say, "Well, well, well, Lori! Hi, Margie! Hello, Lee. . .Diana. . .Gene. . . Spencer. . .Lisa. . ."

Then I'll sit down and stare out the window for several minutes, sipping on a short Miller. Then I plan to turn and smile, and Lori will tell me how, at one of her Med School interviews, the people liked her, whereby I'll say, "Oh?. . . what'd you do, tell a lot of gags, and stuff like that?" And Lee will tell Spencer how he plans to get a job at KQED, whereby Spencer will say, "You!? a-ha-ha-ha-ha!..

I agree, it doesn't sound like much. But one Christmas in Los Angeles, I sat alone in my humble apartment (it's an understatement to call it humble -- it groveled) and supped on a can of Turkey Vegetable soup.

I may not know when to come out of the sun, and I may not know my limit, but I know when I should be thankful for something.

Solar power could lighten energy load

by Katherine Ayers

In California, land of abundant sunshine, the general public accepts the idea of solar energy. Nuclear energy, however, is less popular. California is also the land of earthquakes and faults, and nobody wants to be around a nuclear reactor during the next great shake.

But in Washington, the opinion seems to be the reverse. With its all-powerful dollars, the Federal Government emphasizes nuclear power development over all other energy sources. The Energy Research and Development Administration was budgeted $1.7 billion for nuclear energy research in 1978, while only $421 million went to solar and geothermal energy.

And although President Carter has tried to halt the spread of the controversial breeder-reactor, he encourages the construction of the more conventional light-water nuclear plants.

Nuclear energy is a poor risk all around. The dangers to human life and the environment are well known. Even the pro-nuclear Rasmussen Report predicts that 3,300 deaths, 45,000 illnesses (from radioactive fallout), and $14 billion in property damage could result from a plant blow-out. And after more than thirty years of experimentation with nuclear power, the problem of radioactive waste disposal is still unsolved.

Nuclear power is also economically unsound. The cost of building a plant is rising rapidly -- about 15 percent per year. A 1,000 megawatt plant ordered ten years ago cost $150 million. Today, the same plant would cost more than $400 million, and in 1985 would cost $980 million.

Uranium, the fuel of nuclear plants, is also increasing in cost. And although it is plentiful, it exists mainly in low concentrations in the earth, so that mining it in quantity will destroy vast areas of land.

The Federal Power Commission reports that the amount of electricity actually produced by nuclear plants is only 55 to 57 percent of full potential. Plagued by breakdowns and shortages, nuclear plants have proven to be inefficient as well as costly.

And nuclear energy is controversial, with vociferous opponents in many states. California and Iowa have halted all nuclear construction until more research is done on the waste disposal problem. Three other states have passed ordinances prohibiting the dumping of radioactive wastes within their borders.

Solar energy has few of these disadvantages. It offers no potential danger to human life or to the environment, nor does it depend upon exhaustible natural resources.

And nobody demonstrates or legislates against solar energy -- except perhaps the oil, coal and electricity industries, which cannot find a way to monopolize the sun's rays for their own profit.

The high cost of installing solar units is considered a major drawback -- current space and water heating systems cost from $5,000 to $10,000. But once installed, the system will operate at little or no more cost to the consumer. Monthly PG&E bills would become a thing of the past.

And solar energy would provide 500,000 construction jobs per year -- three times as many jobs for each dollar spent as would be created through nuclear development, according to James Benson of the Council on Economic Priorities.

These jobs would not require the specialized training of a nuclear engineer or technician. The skill of an automobile worker is sufficient for solar unit installation.

Nevertheless, Federal dollars and effort remain concentrated upon nuclear energy -- a technology which has proven itself to be dangerous, inefficient, increasingly costly, environmentally hazardous, and controversial.

A change in emphasis is in order. Solar energy research and development should be given its fair share of government subsidy.

LETTERS

Escort denied

Editor:

In light of the recent attacks on campus, I feel that the following incident is of significant importance:

Several women and I were waiting to register for classes outside the Education building early on the morning of Dec. 7.

At about 5:30 a.m. a woman joined us in line. She had walked alone from the parking structure to the Education building. On her way, however, she had met a campus policeman whom she asked to walk her to the building because she was afraid to walk alone. His reply was to the effect that, "You can walk there yourself, no one will get you."

The implications behind this incident are serious. It seems to me that a primary function of the campus police is to provide assistance when it is wanted and hopefully before it is needed.

The fact that this incident did not result in a tragedy makes no difference. The campus police must fulfill their responsibilities to the campus community at all times.

Nancy Giomi

No quarter given

Editor:

S.F. State students who use the parking garage, are being discriminated against.

The off-campus student who plans to use the parking garage must always prepare to have a solid quarter for the toll machine. The student who forgets to have a quarter has the choice of either turning his car out of line, or getting out and frantically yelling, "Does anyone have change?"

This is a terrible inconvenience to those who are waiting in line, and to the person who must suffer abusive words from those who have their quarters.

This problem could be avoided if S.F. State offered the commuter student the card key, which automatically opens the parking gate. This card is available only to students who live in the dormitories.

I feel that this discriminatory act against the commuter student should be abolished. The right to purchase a car key should be offered to every registered student.

Patricia Spugap

Grandiose article

Editor:

I'm an employee of the school library, and I think your grandiose article on how to steal library books was a little silly. I know the **Phoenix** staff gets into first person journalism, but it seems to me your article was a lot of words around a concept that could have been stated in a sentence.

For example: "It's easy to steal books at the library if you want to, because their security screen is broken and they don't search you very long at the door." The rest of the article is just so much superfluous ego-tripping.

I mean detailing how to hide a book in a newspaper? How imaginative. Why didn't he just stick it in his underwear, that might have lent itself to more exciting action photos.

I assume the intent of the article was to embarrass the library into stepping up book theft prevention. I think, however, that you might be a little embarrassed yourself.

Michael Martin
Periodicals Dept.

Custodian's anger

Editor:

I wish first of all to denounce the injustices that I am a victim of by the Plant Operation management at SF State. In the last two months I've been under constant harassment by the night supervisor.

For five years I have worked on this campus as a custodian, never complained, never caused or had any problems. Two months ago, I received an emergency phone call. My supervisor never delivered or left the message. Next day I complained directly to him.

He said he was suspicious that the emergency was not real because another custodian, also Latin as I am, had also received an emergency call. Neither one of us Latins got the message.

However a black custodian got a message from his wife who called him only to find out how he was doing that same night. If this is not discrimination, tell me what is.

I filed a grievance through California State Employees Association to demand an apology. Instead of the supervisor apologizing he punished me by removing me from my station to another station, that he knew would inconvenience me in my other day occupation because of the time schedule.

I know that the publication of this letter will cause me more trouble. However, I think these are not times for letting these guys get away with murder just like that, and I made up my mind that I will fight them all the way.

I want to thank all those wonderful professors and staff in the Creative Arts building for their support.

I encourage them to write to president Paul F. Romberg and make him aware of what has been transpiring.

Miguel A. Castro
Plant Operations
Custodial Dept.

Polo team honors

Editor:

Congratulations are in order for certain members of the 1977 Water Polo Squad (in spite of **Phoenix**'s lack of coverage).

This year the Far Western Water Polo Coaches have selected three Gators to the All-League Teams. Ron Krueper was selected to the first team and Peter Harsen and John Foley were given Honorable Mention.

A heartfelt note of thanks is also due to Coach Harold Zane. The improvement in the team as a whole and individual players is remarkable. SFSU is no longer the league patsy.

Karl Twichell

Final pileup

Editor:

I sit here cramming for a final given on the 9th; finishing a take home final due the 12th; preparing for two finals which follow each other on the 13th; and trying to calculate how I will allocate my time for a take home final given out on the 9th and due the 14th.

I wonder exactly what the purpose of a finals week is. As it was certainly not for the benefit of this student, it would appear it was adopted in order to give some professors an extra week's vacation. It goes without saying that the opportunity cost will be rather severe.

Linda Bawcom

Letters, please

Editor:

My name is Joe Sadauskas and I am a 29 year old federal prisoner at McNeil Island Federal Penetentiary.

Please print this letter stating my need for correspondence.

Please consider the fact that being locked up in prison you lose contact with people you once knew on the streets. What I need is simply someone to write me.

Joe Sadauskas no. 36437
Box 1000
Steilacoom, Wa. 98388

Development in Bernal Heights: when the push comes to shove

by Kenneth Perlmutter

Bernal Heights residents are fighting a development plan which would turn 11 vacant lots on Elsie Street at the top of Bernal Hill, into high-rent, tract-type housing.

Bernal Heights is one of the few remaining residential neighborhoods in San Francisco. Most of the 3,400 residents live in 1930s, Victorian-style three and four-flat rental dwellings. The rest of the buildings are single-family, two-story homes.

Bernal Heights overlooks the Bay, downtown, Twin Peaks and Diamond Heights.

The Elsie Street residents, working in the Northwest Bernal Block Club, have received a $5,000 grant from the Donor and Community Funding Boards of the Vanguard Foundation, which usually funds grass-roots, community organizing projects.

The grant is being used to conduct a survey of Bernal Heights residents to find out what the community members would like to see done with the undeveloped lots.

Arthur Michaels, the developer backed by Homestead Savings and Loan, is waiting out a six-month stay on his San Francisco building permit. The stay was granted by the San Francisco City Planning Commission because of heavy resident turn-out at the hearings. The residents argued they should have some say about what is built in their neighborhood.

The residents and members of the club said they want to avoid creating a market for high-income residents and real estate speculation. They said it would force lower and middle income residents to move.

The developers want to build 11 identical tract-type units, which would each sell for $90,000 to $100,000.

Roger Borgenicht, a block club member and writer for the local paper, the Bernal Journal, said real estate speculation is at the heart of the development problem.

"We're trying to avoid 'Diamond-heightsification,'" Borgenicht said. "Developers and speculators turned Diamond Heights into a high-income, very dense area, which drove out the lower and working classes -- a situation we are starting to see, and would like to avoid, in Bernal Heights."



Photo by Mike Musser

The residential character of Bernal Heights could be destroyed if developers are given the go-ahead by the city.

The City Planning Commission said the survey was a good idea and agreed residents should have some say about new construction in their neighborhood.

One problem residents face is the narrowness of Elsie Street. It is 16 feet wide and residents say the street is already clogged with cars. They don't need the extra cars generated by the new houses, they say.

Last June, Elsie Street residents asked the fire department to do a site inspection and drive a fire truck along the street. In a letter to the City Planning Commission, the fire chief said it was hard to manuever emergency vehicles there and if additional homes were built, all on-street parking would have to be banned.

The block club has received about 160 completed surveys and some results were available Monday night at its tabulating session.

Almost all the respondents said, they were strongly against having houses built on every lot. The majority favored individual houses be built by, or for the owner to live in. They strongly rejected the idea that a row of houses, one on each lot, be built by developers to be sold at market rates.

Results showed residents felt existing trees on Elsie Street should remain, that lots should be left for playgrounds, basketball courts, a community garden and off-street free parking.

Other questions on the survey ask for general information about the respondent.

The survey also asks residents to comment about the present condition of the neighborhood and their degree of satisfaction with housing, lighting, access, crime prevention and existing development.

Residents in the block club are forming committees for anti-speculation research, the use of alternative energy sources for community development, criteria for housing design and landscaping and the community's use of underdeveloped and undeveloped areas.

Phoenix story draws fire

A group of students delivered a petition to the *Phoenix* office yesterday to protest a recent article on immigration problems in California

Twelve people confronted editors, demanding that the paper run a retraction for the story, entitled "Illegal Aliens: Taxing California's Patience and Budget" (Nov. 10). They termed the article "racist" and "fascist."

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If checking your breasts is not a regular part of living for you, contact your doctor or your local American Cancer Society Unit for information.

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Burk Foundation comes home

by Ken Dorter

After 12 years in Daly City, the Frederic Burk Foundation for Education is back at SF State.

The foundation, located in the Franciscan Building, receives grants for the university from federal and state agencies and private corporations. The grants range from about $2,000 to $200,000.

According to Barbara Stuckert, chief fiscal officer, the foundation's 18-member staff acts as a go-between for the donators and the recipients. Agencies such as the Department of Health, Education and Welfare and corporations such as Bank of America offer grants to faculty and administrators for research work, lecture series, exchange programs, community service programs and teaching projects. The foundation helps to budget, buy equipment and hire employees.

Present projects include a Native American Social Work Training program, National Youth Summer Sports, a Childhood Aphasia Institute and an Oakland Parent Child Center.

Frances Gretton, english instructor, is director of the California Poets in the Schools project, and John DeCecco, psychology instructor, is involved in a Study and Prevention of Sexual Assaults in the Jails.

Living Skills for the Blind in Contra Costa County was an HEW funded project in which blind students lived in apartments and were taught to cook, shop and cross the street. The endeavor cost $190,000 per year.

The foundation began in 1946. Because of space limitations, it moved from the campus to Daly City in 1965.

Announcements

Application forms for plots in the SF State garden project are available outside HLL 374.

"College Bowl," a once-popular intercollegiate quiz program, has returned. Intramural competition will begin at SF State in February, leading to regional eliminations against other California and Nevada campuses in the spring. The national "College Bowl" championships are scheduled for June. Interested full-time students should contact the Student Union information desk. Phone: 469-1842.

Students interested in participating in SF State's January orientation program for new students should contact Keith Naylor in the Student Activities Office (469-2171).

The Student Activities Office's Volunteer Bureau is offering work opportunities with over 150 local organizations. Volunteer positions are available in such fields as graphic arts, tutoring, carpentry, lobbying, environmental research and community organizing. The bureau, in Old Administration Bldg. 125, is open daily from 8 a.m. to noon. Phone: 469-2171.

KSFS, SF State's campus radio station, will broadcast the results of this week's Associated Students election if available on Thursday, Dec. 15. The program will also feature an interview with the AS president-elect. KSFS loudspeakers will be set up in the Student Union plaza.

Financial aid application forms for the 1978-79 school year are now available in New Administration Bldg. 355 between 8:30 a.m. and 4:30 p.m. Students are advised to apply early.

The Women's Center will sponsor a discussion of racism in government welfare and poverty programs on Tuesday, Dec. 20 at 12:30 p.m. in Student Union B-114. The discussion is part of a workshop on "Race Sensitivity and Women of Cultural Diversity."

The Teresa Lee grievance hearing will continue at 9 a.m. Monday, Dec. 19, in Library G-1. The hearing is open.

Criminal justice

New program to lay down the law

by Maureen Ferris

A minor in criminal justice will be offered at SF State for the first time during spring semester.

"People associate criminal justice with police work, but it's only one part. We're about justice and judicial fairness," said Herman Potter, who coordinates the program with John Irwin, sociology professor.

Students who pursue a minor in criminal justice are required to complete 23 to 25 upper division units in cross disciplinary studies in sociology, philosophy, urban studies, black studies and political science.

"Those students working in the fields of criminal justice, or those preparing for a career in the fields of law, counselling or police work would benefit from these studies," said Potter.

Potter is also planning a criminal justice student association in addition to the classes. The association hopes to sponsor speakers from the criminal justice field and function as an unofficial employment agency.

Previously, SF State has not recorded minor studies on student transcripts. But as of fall 1977, minors will be recorded on graduation transcripts and in student files.

According to Florence Schwartz, coordinator of academic advising for the All Universities Program, a minor studies program is becoming more important. It can serve as sufficient background for entering graduate studies programs and can open additional job fields for students, she said.

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Summer 1978. Five weeks Scotland, Western Mediterranean - $1995. From Oakland. Information meeting Thursday Dec. 15 7:30 Gym 217. Contact Gym 211 for details.

Interested in being a paraprofessional counselor and receiving 6 units of credit for 2 semesters? Contact the counseling center ext. 2101.

Himalayan backpack, brand new. Paid $80.00, will sell for $40.00. Large Samsonite suitcase, $15.00. Call 355-2635 after 6 p.m.

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Wargames for sale. Trade or buy. Many new. Call 665-6214, 6 p.m.

Royal Copenhagen Xmas plate. Date 1969. Make offer. Value increases with age. Limited number. Art collectors await their annual appearance. Call 584-3865.

BEFORE THE SEMESTER ENDS...planning meeting for Surrealist Students, a new student organization. Monday Dec. 19, 12:00 Library C-9.

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Judges on the court

These men of law wear striped shirts, not black robes

by Rod Herman



James Naismith invented basketball in 1891. Since that time, rules have changed, players have changed and so have the fans. But one thing remains the same. This game is not child's play for the referees.

Over the years, players and officials have criticized each other's eyesight. Recently, another group has begun to harp on the officials -- the press.

Not too long ago, games were only reported, not analyzed. But in the last five years, broadcasters and writers have made sure to point it out when they thought an official made a mistake that was responsible for the outcome of the game.

Frank McIntyre, supervisor of officials of the Pacific 8 athletic conference, is disturbed by what he calls "often erroneous reporting."

"Few broadcasters and newspaper writers really know what's going on out there on the court. I've seen and heard an astounding number of completely erroneous articles and commentaries over the past few years. I wonder when the last time was that some of these people read the rule book," he said.

"I don't mind good, objective reporting if there is an obvious mistake. But when someone starts criticizing an official for making a correct call, I really get upset."

Newspaper and broadcast reporters who cover the Pac-8 were invited to attend the preseason training clinics for officials, McIntyre said. None did.

"I don't have any idea why they don't take us up on it," he said. "If they would come to these clinics, they would be able to see what rule changes were made and learn what the correct interpretation of certain calls are. But as it is now, they seem reluctant to find out the proper rules and regulations, and their reporting reflects it."

McIntyre recalled an instance which he said bears out the reporters' ignorance of the rules.

"I was at a press luncheon and I went up to the guy who calls the USF Dons basketball games on radio," he said. "I really have my doubts whether he knows any of the rules. Anyway, I gave him three situations and asked him to give me the correct ruling in each of them. He missed all three. And this guy's criticism is reaching a lot of people in California on radio."

Despite the erroneous reporting, McIntyre agrees that officials are far from perfect. However, he said he thinks officiating has progressed in the last 20 years.



Games are tougher to work nowadays because players are much bigger, faster and are better shooters than before.

"I'm not saying the men never miss a call. They all miss calls. But the important thing is to use common sense and do a professional job. I think the most important thing an official has to remember is that the game isn't for the fans, the coach or himself, but for the 10 players on the floor," McIntyre said.

Collegiate officials are paid on a game-by-game basis. Most of them referee as a part-time job while holding down another job during the week. Those who reach the varsity level of collegiate basketball are chosen very carefully, McIntyre said.

McIntyre hires observers who attend high school, community college and state college games and are on the lookout for new talent. The officials that are most highly recommended are invited to training camps in their particular region. McIntyre and his staff look over the officials during scrimmages. Those who look promising are signed as junior varsity referees.

After each game these officials are graded by their partner and a neutral observer in the stands. At the end of the year they are evaluated on a one to five scale. After three years in the program, McIntyre evaluates each official's overall performance and decides whether to promote him to the varsity level.

"The officials that do make it to the varsity level are top-rate. We look them over very carefully," said McIntrye. "It's not an easy job and they have to have the right temperament for it. They have to be able to live with criticism that isn't constructive.

"After all, many times an official becomes a scapegoat. He has to have the stability to be yelled at and taunted and still remain consistent with his calls."



Bill Scollin, supervisor of officials of the West Coast Athletic Conference (WCAC), agrees that an official has to be geared to take a lot of abuse from players, coaches and fans.

"Let's face it," he said, "no official is liked by everyone. Sometimes they get uptight and that's understandable -- they're only human. What we want to avoid is the official getting carried away and taking the game into his own hands.

"Sometimes this happens, of course, and when it does, the official has to be released. We just can't tolerate actions which make the official's performance more noticeable than the players."

During the season, the officials make reports on each other after every game. The WCAC also hires neutral observers who attend 10 games and report on each official at least three times.

"We look to see how the official reacts to certain situations," Scollin said. "We want to know when he calls technicals and for what reasons and how he behaves in tense circumstances."

At the end of the season the observers' reports, fellow officials' reports and coaches' reports are reviewed and necessary changes are made, said Scollin.

Unlike the Pac-8, the WCAC doesn't have training camps for its officials. Instead, the league holds a training clinic once a year and all officials and coaches must attend. These clinics don't get the referees in shape, however. They refresh their memories and get them back in shape mentally so they are ready for the games.

"As we get older, of course, we all put on a few pounds. But if an official is too out of shape and his performance is affected by it, we let him know," Scollin said.



Scollin agreed with McIntyre's statement that the official's job is tougher today than ever before.

One proposed solution to lessening the added burden on an official is to add a third official. The Big 10 conference currently uses a three-man crew for its conference games.

"I really don't see any advantages in hiring a third official," he said. "First of all, we couldn't do it, because we would have to increase our payroll by 50 percent and our conference can't afford it.

"I've seen only one game where three officials worked and it didn't improve the quality of the officiating at all. If anything, it slowed the game down."



Bob Sitov signals a foul during the SF State-Cal Poly game last Friday night

Photo by Bill Hellmuth

'Tis the season

While you're away, the Gators will play. Here's a rundown on home athletic events for the rest of this month and January.

BASKETBALL--WOMEN

January
12 vs. Fullerton 8:00 p.m.
14 vs. Chico 3:00 p.m.
17 vs. UC Davis 7:00 p.m.
25 vs. Nevada-Reno 8:00 p.m.
27 vs. Nevada-Reno 8:00 p.m.
31 vs. Sonoma State 7:00 p.m.

BASKETBALL--WOMEN (JV)

January
17 vs. UC Davis 5:00 p.m.
25 vs. Sacramento 5:00 p.m.
27 vs. Nevada-Reno 6:00 p.m.
31 vs. UC Davis 5:00 p.m.

BASKETBALL--MEN

December
16 vs. OIT 8:15 p.m.
21 vs. Northpark 8:15 p.m.
22 vs. Chapman 8:15 p.m.
28 vs. U. of San Diego 8:15 p.m.
30 vs. Columbia 8:15 p.m.
January
6 vs. UC Riverside 8:15 p.m.
13 vs. UC Davis 8:15 p.m.
20 vs. Sacramento 8:15 p.m.
21 vs. Stanislaus 8:15 p.m.

GYMNASTICS--WOMEN

January
14 vs. Humboldt 6:30 p.m.
18 vs. Hayward 7:00 p.m.
26 vs. Nevada-Reno 3:00 p.m.

WRESTLING--VARSITY

January
7 vs. UC Davis/Hayward 2:00 p.m.
10 vs. Boise State 7:30 p.m.
27 vs. Bakersfield 3:00 p.m.
28 vs. Invitational All Day

WRESTLING--JV

December
17 vs. Invitational All Day
January
4 vs. Skyline 10:00 a.m.

Gators lose two of three

The University of the Pacific downed the Gators Tuesday night 80-71. The loss followed SF State's biggest point production in five seasons, a 104-80 win over Carroll College Saturday night.

Last Friday the Gators lost to Cal Poly 74-58.

SPORTS

Al Vidal knows when to 'blow it'

As principal of Aptos Junior High School in San Francisco, Al Vidal has to contend with screaming parents, crying kids and an occasional fight. For relaxation, at night and on weekends, Vidal dons his striped shirt and contends with screaming players, crying coaches and an occasional fight. He enjoys the change of pace.

"You really have to like the game to be a referee," said Vidal, who has been blowing his whistle for 12 years. "They have to give you some monetary reward, too. I couldn't live on what they pay me ($100 a game, plus mileage and a per diem), but then again I wouldn't do it for free. It would never be enough, though, if you didn't like basketball."

Vidal has heard his share of strident remarks from the sidelines.

"After being in the situation where the crowd is yelling at you for a while, you almost don't hear it," he said. "There are times when I know I've made a mistake and the fans let me know, but I don't think they've ever gotten me into a position where I've favored one team over the other.

"My philosophy as an official is that I'm being paid money for my services and I have an obligation to call a fair game. Once you try to even out the mistakes, you can't call a fair game."

One of the referee's biggest enemies has always been the coach.

"They'll test you," he said. "Some coaches will go as far as you let them. In fact, some become so obsessed with getting to the official that they forget to coach the team.

"But they love to get an edge on you. I could call a lot more technicals than I do if I went strictly by the book. The rules say a coach must stay on the bench during a game. Most coaches get up and walk halfway down the sideline during a game. But I never call it."

Roaming coaches tend to wonder aloud about an official's consistency. They ask in rather unflattering terms why a referee called a foul on one play, but didn't on a similar one. It is Vidal who must decide when a player has crossed the fine line between aggressive play and an infraction.

"What I'm really looking for in a game is for one player to be put at a disadvantage by another. A baby can blow a whistle. It takes judgment to know when to blow it and when to hold back. I'm out there to call 'em, not to count 'em," he said.

"If a player is driving to the basket and he's bumped but not hard enough to upset his movement towards the basket, why call it? But, if he is bumped enough so that he can't continue his drive, then he was put at a disadvantage and it's a foul. That's the biggest mistake in officiating -- blowing the whistle when we could have let the foul go." --R. H.

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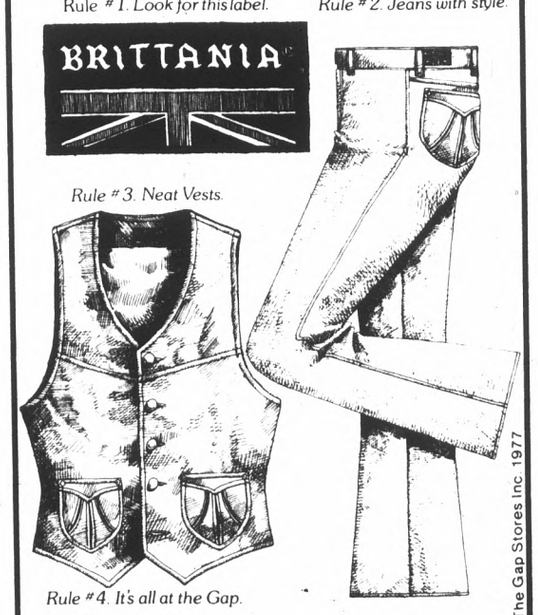
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You lie, poker face

by Jude Novi

There was an atmosphere of heavy smoke, and rattling dice, and beer and wine, and more dice, and scratchy radio music, and smiling women, and more dice, and stone-faced men. And when the smoke had cleared and the glasses were dry, the recognized champion of the Second Annual World's Liars Dice Finals had been crowned.

"Everybody thinks they're the greatest liars dice player in the world, but this will be the true test," said Jack Curry, owner of the Prince of Wales pub in San Mateo, where the marathon was held a few weeks back. "We've got some of the best liars in the entire Bay Area assembled here tonight."

The tourney was the final stage of competition in a benefit for the Arthritis Foundation. Entry fees were $5 per person. On previous evenings, participating bars had staged the semifinals, choosing which of their members would go to the championship bout. Now, on this last evening, there were 10 finalists, each of them clutching their dice cups, biting their lips and reminding themselves that an unemotional "poker face" can sometimes be a dice thrower's most vital weapon.

Liars dice is a game in which you must bluff your opponent. Each player rolls a set of five dice, which he looks at, and then keeps hidden from view. As the two players face each other, they call out various totals which may, or may not, exist among the 10 dice on the table (for example, "Three fours!" or "Four sixes!"). Eventually, one player accuses the other of lying. Whether or not the truth has been told determines who wins the round.

I came in too sober, that was my problem," shrugs Jack Stackhouse, after losing in the first round. Stackhouse has been playing the game for 30 years, but on this occasion he was caught in a couple of easy fibs. He waves the matter off, and heads for the bar. "If I didn't know what I was doing, I would have beat him," he says.

At a nearby table, Paul Urone and Bill McKnight are eyeing each other closely. Both men are aware that a cigar can be an important tool in tricking your opponent -- after all, how can you accuse a man of lying when he's got a wet stogey jammed in the corner of his mouth?

The scorekeeper is a pretty woman in her early 20s. Unblinking, surrounded by a thick haze of smoke, she watches the various dice combinations. Everyone is wincing but her.

"Four deuces!" Urone calls out on the final roll.

"I'm sorry, but that's a lie," says McKnight. He tugs his ear, though, perhaps thinking that he hasn't said the right thing.

The cups are lifted. Not only are there four deuces -- there are five of them. McKnight slumps in defeat, and then sits up to shake hands across the table.

"Yeah, but if you ask me," says one onlooker, "the scorekeeper is prettier than both of you."

By late evening, Urone has worked his way into the last round. He attributes his success to a number of things.

"Sure, you can't win without good dice," he says. "But mainly, you've got to psyche the other guy -- and maybe even use a little bit of E.S.P."

When Urone meets his final opponent, though, he has trouble getting his resources together. She is a tiny lady by the name of Connie Dangott, who also happens to be the defending "World Champion." Quiet and methodical, she slices through any type of play that Urone has to offer. Within minutes, she has retained her title.

"I guess there's really not that much to it," she says later in the evening. She has short dark hair, and a piercing gaze. "You see, I've been practicing my lying for a whole year now."

Is there any other reason for her success?

She scratches her nose.

"Just a heck of a lot of luck," she says as she picks up her trophy and walks out.

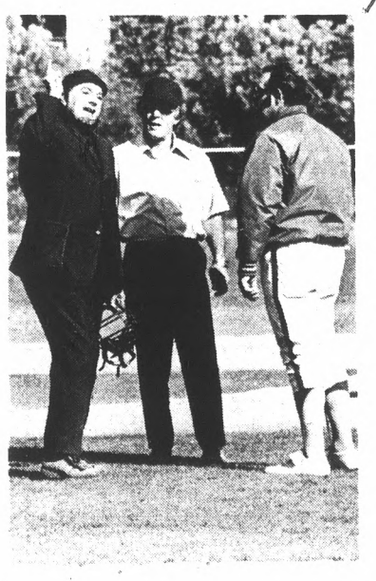


Photo by Dave Epperson

Gator Coach Al Figone (without cap) exhibited his temper last season when he was tossed out of the Stanislaus State game for protesting a balk call

Pitcher wins grade grievance

by Ed Lit

The hardest-working Gator pitcher last season has had his grade changed to a B after baseball Coach Al Figone flunked him.

Gary Hart, who appeared in 38 games and threw 135 innings, pleaded his case to a grievance committee last week. Figone also gave his side. The committee sided with Hart.

The pitcher's problems began on the final road trip of last season when Figone apparently took out his frustration at a 12-48 record on Hart.

On the final Saturday, Hart was mentally prepared. He desperately wanted to perform well against Humboldt. This could make up for the dismal season. He had a 2-10 record.

He reared back and fired his first pitch of the game. The leadoff batter hit a homerun. He then retired the next three in order.

During the second inning, Hart threw a changeup and the Humboldt hitter smashed another home run. was not too happy and neither was Figone.

Said Hart, "The coach started to yell at me. 'Throw the ball, beep beep!'," meaning throw the ball faster.

Hart said the screams were loud enough for the opposing team to hear along with the spectators. He thought everyone was laughing at him.

Hart said he clearly heard his coach's scream but would not give him the satisfaction of turning toward him. If the coach wanted to talk to him, Hart said, he would have to walk out to the mound and talk face to face.

The pitcher finished the inning and plopped down on the bench. He said an assistant coach approached and told him he was through for the day -- and the season -- and his career.

The dejected Hart sat on the splinters, holding in the tears, agonizing over a frustrating season and the end of his college baseball career.

Larry Friel, another pitcher, was told to shower and dress because he had refused to do his mandatory running. As he headed for the locker room, Hart joined him. Only he knew he wasn't supposed to.

When the team returned from the Humboldt trip, Hart tried to talk to his coach. He wanted to tell him how he felt, how painful it was to hear the yells, but most of all, he wanted to tell Figone that he never quit the team.

Figone differed with Hart about what happened at Humboldt State. Figone had establised a code of conduct for his players to follow. According to him, Hart broke the rules.

Figone said, "I feel a player has the obligation to remain with the team regardless of how he feels about being taken out of a game."

The coach said he took Hart out of the game, "because he was being hit hard."

When Figone reflected back on the game, he distinctly remembered what took place. He said, "At no time did I yell loud enough for him to be humiliated. I am positive no one heard our conversation." The coach also said he went to the mound to talk to the pitcher.

Ma Bell is queen of National Chess League

by Russell Pike



Graphic by Sports Illustrated

In most professional sports, players get huge salaries to play in huge stadiums before huge crowds who pay huge ticket prices.

Not so in the National Chess League (NCL), a three-year-old child of the mating between Ma Bell and chess. The League requires a $750 entry fee and teams need only have six chess boards, six chess clocks, six players and a room with a phone.

The NCL season runs from January to May. It currently has 21 teams, including the San Francisco Dragons, who, logically, play most of their matches in Berkeley. Last season, the Dragons played in the apartment of Alan Benson, their tournament director, and in the Board Room of Berkeley's YMCA.

Each match consists of a game played at each of six boards, with the best player at board one, the next best at board two and so on. One point is given for a win, one-half point for a draw and no points for a loss.

The mating of chess and telephone does not always work to perfection. Ideally, a player moves, and his move is noted by a "runner" who transmits the move by phone to a runner in another city. That runner then gives the move to the player's opponent. However, once in a while there is a transmission error.

Benson said, "During a game Jay Whitehead was given a second life," due to an error in position. The opponent incorrectly recorded a move. Some 15 moves later, during a series of captures, the position became "hopelessly tangled." The other team complained. According to league rules, after a complaint the opposition must be moved all the way back to the point of the error.

Whitehead took his second life and won.

The team line-up is not fixed. When U.S. chess champion Walter Browne played a match for the Dragons, he was given the first baord and international grandmaster Jim Tarjan of Berkeley was moved to the second board, Benson said.

Another regular, International Master John Grefe was shifted from his usual second board spot to third.

Benson said, "Most of our players are titled (international grandmaster or international master). The Bay Area is second in the number of strong players in the country. A lot of them want to play for us. I have to make certain choices. It's difficult and some of them get upset," Benson said.

This year, because of their fourth place tie the Dragons were paid $5 a game. Salaries are based on the team's standing, with members of the first place team paid $40 a game and the members of the next three teams $30, $20 and $10. The wages for a finish lower than fourth are personal satisfaction.

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ARTS

de Antonio on Nixon and McCarthy

One is funny, the other isn't

by Robert Rubino

Richard Nixon as a comedian? Nixon was a lot of things but it's unlikely he'll be represented in the history books as the funniest White House resident.

One never knows, though, what the history books will say. If listorians ever take a look at Emile de Antonio's 1971 film "Millhouse: A White Comedy," Nixon could come off as a master political practical joker. Certainly Nixon is depicted as funny (in a mondo bizarro sort of way) and in retrospect it is uncertain still as to whether Nixon didn't get the last laugh on all of us, what with his tell-all million-dollar deal with David Frost, his San Clemente mansion-in-exile, memoirs and all the rest.



Photo by Bob Andres

At McKenna Theater recently, Emile de Antonio spoke about filmmaking.

The director and producer of "Millhouse," Emile de Antonio, was on campus a fortnight ago when three of his films were showcased by John Webber's Cinematheque at McKenna Theater.

De Antonio had the appearance of a character from the "Herman" comic strip that appears on the Chronicle's TV page.

De Antonio, a middle-aged man with wire rims, a dumpy posture, a pot belly, a confused expression and a Salvation Army wardrobe, spoke with an impressive combination of wit, sincerity and intelligence. He was a big hit with the 60 or so film freaks who came to see the director's work and hear him speak.

"We have more televisions than toilets in this country," de Antonio said, "and we should put one into the other."

De Antonio talked briefly about the latest developments in his long-running battle with the FBI.

"I have them in court right now," de Antonio said, referring to what he called "their harassment of me and my friends and associates . . . and their failure to make available their file on me.

"And they're after me, too. The FBI has already seen my distributor in New York . . . they say I stole some of the footage for 'Millhouse' . . . well, what if I did?"

In addition to "Millhouse," the de Antonio films featured were "Point of Order" -- a dramatic documentary on the McCarthy-Army hearings of 1954, and "In The Year Of The Pig" -- a devastating version of the U.S. involvement in Viet Nam.

Each are milestones in filmmaking because with each, de Antonio established a unique genre of documentary. His films have no narration and they are deliberately edited in a blatantly manipulative fashion.

It's propaganda all right, but it's also exemplary filmmaking. De Antonio's films command the audience's attention every frame of the way; they dramatize history and cannot fail to leave viewers moved.

With "Point of Order" and "Millhouse," de Antonio dealt with two of this century's tragic political jokes -- Joseph McCarthy and Richard Nixon, respectively.

"Nixon and McCarthy were easy topics for films," de Antonio said. "They were such big targets. The people around them, many of whom were equally as dangerous, were bland and they blended into the background."

Despite those feelings by their creator, "Point of Order" and "Millhouse" are very different films with very different effects.

As mentioned in the opening paragraphs, "Millhouse" is strictly out for laughs. The film defined de Antonio's intentions from the first shots which show a wax head of Nixon being put in place on a torso in Madame Tussaud's Museum.

We are shown Nixon as a bitter, sore loser in his "last press conference" in October of 1962 after his failure in California's gubernatorial election. "Gentlemen," Nixon promised, "you won't have Nixon to kick around anymore . . . "

There are all kinds of vintage Nixon goodies in "Millhouse." The comic high point is perhaps the "Checkers" speech in which Nixon defended himself on national television against charges of improper campaign funding that almost got him dumped from the 1952 vice presidential ticket. Nixon's melodramatic appeal, laced with patronizing remarks about his wife, crude innuendos against his opponents and banal reference to his daughters' dog -- Checkers -- appears camp and hilarious today.

"Millhouse" takes us up through Nixon's acceptance speech at the 1968 Republican National Convention in Miami. At that time, former president Eisenhower was dying and de Antonio's film captures Nixon pleading with the delegates, " . . . let's win this one for Ike!" De Antonio then cuts immediately to a clip of Pat O'Brien in the 1940's film "Knute Rockne" -- where O'Brien is giving the famous "win one for the Gipper" pep talk.

Such wildly theatrical, satirical editing was absent from de Antonio's 1963 "Point of Order." Instead, the film is in the form of an intense courtroom drama complete with a magnetic hero in attorney Joseph Welch who first humbled and then humiliated the alcoholic, paranoid Senator Joseph McCarthy of Wisconsin.

The Army-McCarthy hearings, televised nationally in 1954, constitute perhaps the first important media event. McCarthy -- psychotically alerting everyone to the menace of communism -- had begun an investigation into the U.S. Army, alleging that communists were rampant in the American military.

De Antonio's brilliant last sequences of "Point of Order" show McCarthy talking in a rambling, nearly incoherent manner, almost like a man losing his mind. While his colleagues leave him virtually alone, McCarthy talks only to the court reporter.

"Nixon picked his opponents carefully," de Antonio observed. "He was an intelligent, calculating man. McCarthy didn't calculate at all, he went after everybody -- with little or no preparation. Nixon's attacks were those of a sharpshooter; McCarthy's were like a man firing a shotgun."

Interestingly, de Antonio treated Nixon with broad blasts of satire while he zeroed in on McCarthy's flawed personality and revealed a pathetic, tragic figure.

"Millhouse" (an intentional misspelling of Nixon's middle name) was released in 1971, a year before Watergate. Obviously, events in Nixon's career since then would be the stuff of a promising sequel, but de Antonio will have none of that.

"Once I deal with a subject, I'm finished with it," de Antonio said.

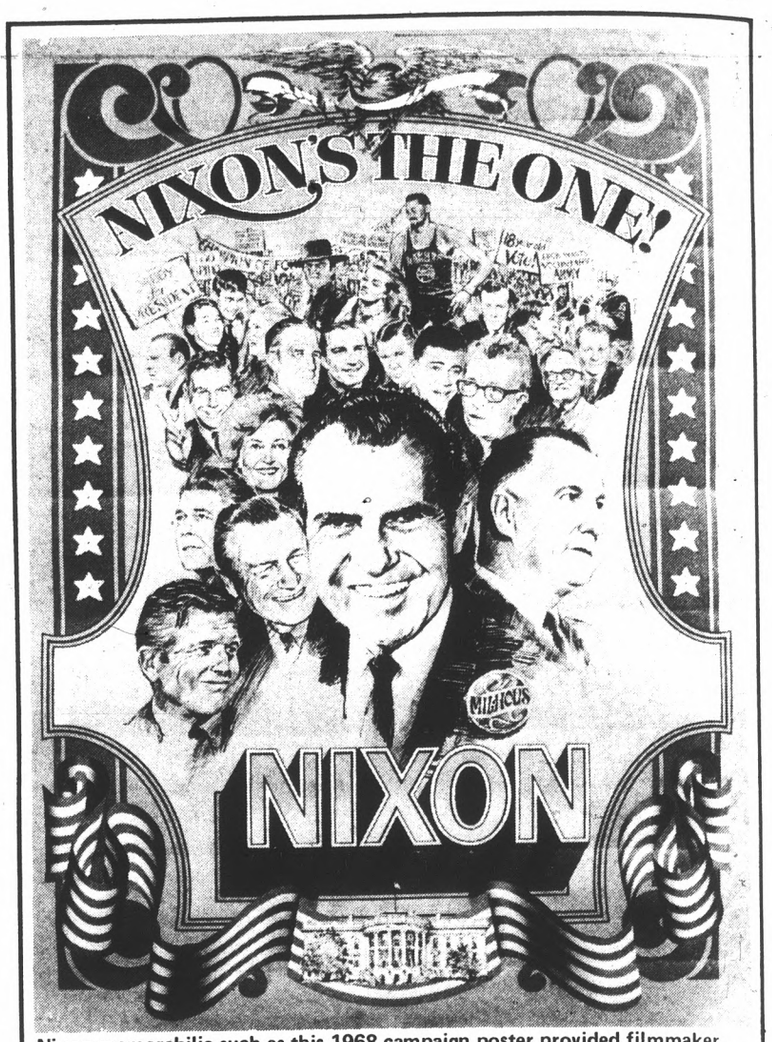
"In The Year Of The Pig" was neither funny nor dramatically structured. It was a documentary about the nightmarish history of the Viet Nam war.

His most recent film, "Underground," about the Weather Underground organization, brought subpoenas from a federal grand jury to reveal sources. The charges were later dropped.

De Antonio said he's made a considerable amount of money from his films but lengthy legal battles with the government threaten to wipe him out financially. His films have been financed by "rich liberal friends . . . not radicals . . . people like Paul Newman and Steve Allen."

It is tempting to state that de Antonio's work, besides being creatively and powerfully informative, is politically influential. But more realistically, his is the work of someone who only appeals to those already in agreement with him.

For those who pass up a chance to see de Antonio's films, it's their loss -- both politically and artistically.



Nixon memorabilia such as this 1968 campaign poster provided filmmaker Emile de Antonio with material for his 1971 "Millhouse: A White Comedy."

Another Frankenstein

THE ANNOTATED FRANKENSTEIN
by Mary Shelley with an Introduction and Notes by Leonard Wolf
Clarkson N. Potter, Inc., 356 pp., $14.95

by Lisa Smith

Leonard Wolf, SF State's resident Dracula expert, has come out with yet another monstrous work, this one on Frankenstein.

"The Annotated Frankenstein" contends that Mary Shelley's book is a psychological allegory of her life, a woman's nightmare wrought with obsessions of birth, death and irresponsible creation.

Wolf, a creative writing professor, details Shelley's unconventional lifestyle: her relationships with her famous husband Percy Shelley, the poet, Lord Byron and the physician Polidori, as a means of uncovering the elements of her vision.

The book is illustrated by Marcia Huyette in the first time a woman has illustrated Shelley's work. The book is filled with maps, photographs and historical notes. Where Wolf fails (the title of a future book, perhaps?) is in his overindulgence of such visual additions. A detailed page of physiognomic analysis and a reproduction of surgical tools of the 19th century are so gratuituous that they only distract from an otherwise serious body of work.

continued on page 11, column 1

Calendar

DECEMBER 15-23

FILM

Wednesday-Student Film Try-Outs, 12:30 p.m. in McKenna Theatre. Cinematheque.

POETRY

Dec. 23-A benefit poetry reading pays tribute to Amnesty International, awarded the 1977 Nobel Peace Prize. The poets include: Kay Boyle, Nanos Valaoritis, Muriel Rukeyser, George Oppen, Philip Levine, Miriam Patchen, Andrei Codrescu, Lennart Bruce, Fernando Alegria, Eugene Ruggles, Victor Hernandez Cruz, David Henderson, Jack Hirschman and speakers from Amnesty International. Tickets are available at the SF State Poetry Center, HLL 340, for a $3 donation to Amnesty International. 8 p.m. in Nourse Auditorium, 275 Hayes, Civic Center, S.F. Tickets are also available at Ticketron, City Lights and at the door.

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Frankenstein

continued from page 10

Nevertheless, the book is an attractive one, featuring the same treatment Wolf gave his previous annotation of Stoker's "Dracula." Both characters, Frankenstein and Dracula, are treated as symbols of primordial themes in man's existence, in a task that Wolf defined as "a hunt for essentials."

"Fear is a way in which we identify who we are. In an era of depersonalization, fear can be reassuring," Wolf said.

He then explored the nature of the monster, who he prefers to call "creature", and said that Shelley referred to herself as a monster in her personal journal.

"The Creature," he said, "is aware of moral implications but is impotent to act accordingly." Shelley's sympathetic treatment of "The Creature" could show her identification with the character.

"Genius gives us an animating idea that continues to animate us," he said. "A vision of ourselves that endures must be given to us by a great writer."

The annotated version is reprinted from a microfilm of the first edition, published in 1818. A later 1831 edition is the one most frequently reprinted but Wolf emphasizes in the introduction that Shelley was a respectable widow by that time, who toned down the original manuscript.

Wolf is working on a book about Bluebeard the pirate but has no plans for more monster – excuse me, *creature* – books, unless they are symbolic or make a sociological statement. He does plan to teach courses on Dracula, Frankenstein, and the theory of fear. The professor is involved in NEXA, a science and humanities convergence program on campus.

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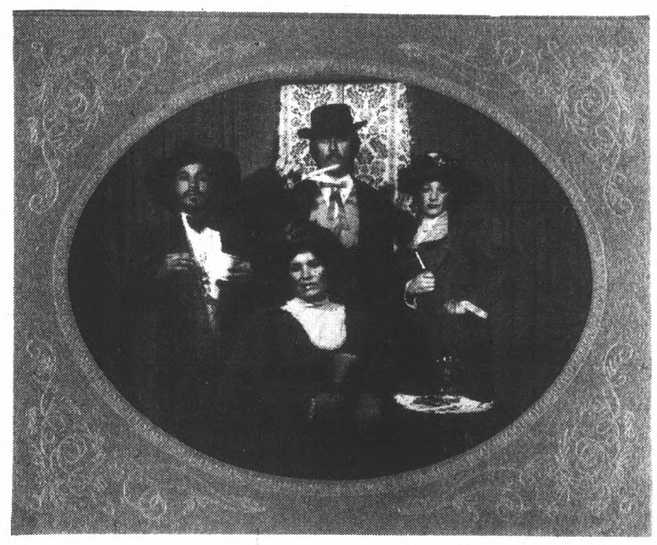
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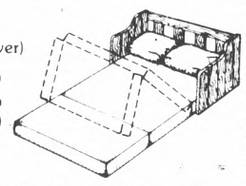
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(A California State University and Colleges Auxiliary Organization)

SUMMARY COMBINED BALANCE SHEET, JUNE 30, 1977

ASSETS			LIABILITIES AND FUNDS BALANCES		
CURRENT ASSETS:			CURRENT LIABILITIES:		
Cash:			Accounts payable	$ 53,827	
On hand and in commercial accounts	$ 8,650		Accrued liabilities	11,265	
Savings accounts	91,412	$100,062	Total		$ 65,092
Receivables:			FUNDS BALANCES:		
Trade (net of allowance for doubtful accounts, $400)	20,410		General fund	76,590	
California State University and Colleges	20,590	41,000	Plant fund	32,082	
Total		142,212	Total		108,414
EQUIPMENT, FURNITURE, AND FIXTURES		30,834			
TOTAL		$173,046	TOTAL		$173,046

The above summary of financial condition has been prepared from the Student Union Association's audited financial statements, as reported upon by independent certified public accountants; their audit report is on file in the Student Union Association's office and is available for inspection upon request.

FRANCISCAN SHOPS
(A California State University and Colleges Auxiliary Organization)

SUMMARY COMBINED BALANCE SHEET, JUNE 30, 1977

ASSETS			LIABILITIES AND FUNDS BALANCES		
CURRENT ASSETS:			CURRENT LIABILITIES:		
Cash:			Accounts payable	$ 90,832	
On hand and in commercial accounts	$ 42,683		Accrued payroll and related expenses	13,040	
Savings accounts	66,930	$109,613	Other accrued liabilities	21,092	
Receivables:			Current portion of indebtedness to San Francisco State University	10,000	
Trade	15,626		Total		$134,964
Vendors (returned book credits)	44,530		NONCURRENT PORTION OF INDEBTEDNESS TO SAN FRANCISCO STATE UNIVERSITY		7,850
San Francisco State University	4,296	64,452	FUNDS BALANCES:		
Merchandise and supply inventories		356,703	Auxiliary activities fund	393,061	
Prepaid expenses		5,107	Plant fund	255,655	
Total		535,875	Total		648,716
PROPERTY AND EQUIPMENT:					
Building	312,055				
Equipment, furniture, and fixtures	158,821				
Total	470,876				
Accumulated depreciation	215,221	255,655			
TOTAL		$791,530	TOTAL		$791,530

The above summary of financial condition has been prepared from the Franciscan Shops' audited financial statements, as reported upon by independent certified public accountants; their audit report is on file in the Franciscan Shops' office and is available for inspection upon request.

BACKWORDS

A different kind of Christmas celebration

by Mike Habeeb

She sat in a wheelchair, secured by a beige belt. A trace of a smile appeared on her face.

Along with 40 others, mostly women, mostly in their 70's and 80's, she sat in the recreation room of the Sheltering Pines Nursing Home in Millbrae, and listened to the church choir sing "God is King."

They sang to the monotonous beat of a drummer, who sat below a sign that said "Happy Holidays." A guitar and a piano helped fill the void between the young voices and the drum.

The choir director dropped his right hand, smiled and turned to the audience.

Those who could still clap, did.

Ann got off the couch near the Zenith Chromacolor and headed for her room. She wasn't in a wheelchair and her 4'11" frame seemed strong, her walk steady.

"I love the kids," she said. "I love everybody here." She smiled. "I've been here for a couple of years. I couldn't stay at home anymore."

Near the entrance to the room sat a man wearing a blank stare. Beside him, a woman, Angelina, cried. The man showed no interest.

There were two or three men in the recreation room waiting for the next act: a group performing various dances. It was Sunday afternoon -- football games -- and most of the men were lying on their hospital beds, still in pajamas, watching Ken Stabler fling the pigskin to his receivers.

Back in the recreation room, a short, jolly nurse, wiggled her hips to and fro and asked, "Who's going to dance?"

Those who could still laugh, did.

"I'm going to get out of here," a woman said, her voice trembling. "I can't dance anymore."

"I'm going to dance for you," the nurse replied. Two women near the front of the room joked and one gave the other a solid punch to the forearm. Another nurse broke it up.

Pat, the activity director, walked over to Angelina and said, "You be a good girl -- no cry." Pat turned and buttoned a man's sweater because he said he was cold.

"Most of the people here are from 75 to 90 years old -- most in their 80's," Pat said. "People are living longer."

Some women asked Pat for cigarettes. Pat obliged them, and walked to the coffee maker in the back of the recreation room.

To the left of the coffee maker hung a calendar with people's names written in on various dates. Ann's name was written on Dec. 14. That was her birthday and they gave her a party.

The dancers walked into the room. The leader was dressed in an embroidered blue outfit. One man wore a beret and a matching red cumberbund, another wore a matador outfit. The women were dressed in wide, frilly dresses.

"This is a line dance from Yugoslavia," read the head dancer mechanically off a sheet of paper. The leader dropped the arm of the record player. The dancers lined up hand in hand and began to step to th music.

During the line dance, Sal, the youngest man at the nursing home, in his 50's, was wheeled in by his sister. Sal is an epileptic and "has had a stroke," Pat said.

"He really enjoys music," Pat added. "He can remember songs from way back."

At one time, Sal and his mother lived at the nursing home together. Sal's mother is now dead. Sal listened to the music, his hands folded in his lap, and his sister stood behind him.

The nursing home had sent a flyer to the families of the residents. It read: "We thought it might be a good idea to advise all of you of the scheduled programs, in hope that you might be able to join in the festivities."

Except for Sal's sister, few families joined the festivities that Sunday. Pat spoke about activities while the dancers waltzed. She said they (the people at the home) had voted during the last election, because no one could find a reason "why they couldn't."

"It made them feel like they still belonged," Pat said.

The waltz ended and the room became unusually quiet. Then a woman began to serenade a man sitting next to her in a wheelchair. Some mumbled to themselves. Others attempted to turn their chairs toward the exit with hands bulging and swollen, a result of arthritis. Sal sat quietly in his chair.

The sunlight shone through the orange skylight, warming the room. The gold wall clock at the back of the room, guarded by candles unlit at either side, continued to tick -- slowly. Another sign hung on the wall. It read *"Feliz Navidad."*

Those who could still read, read "Merry Christmas."

Unusual and expensive

Gifts for the holidays

by Lisa Brewer

"If you do not buy the useless gift you cannot afford for the person you cannot abide, you are an enemy of the system and may very well bring it down.

--Herb Caen

'Tis the season to be jolly, and to boost the Gross National Product. Spend, spend, spend, and then buy wrapping paper to wrap it all in. Put it on your Visa card and you won't feel it until January.

And pick up any newspaper or magazine and you can find gift lists for your loved ones. It is in this spirit *Phoenix* presents its list for those of you who have lots of money and want to spend it. Quickly and in large bunches:

* You can buy a chicken dinner made entirely of clay at Hot Flash on Market St. The food is glazed permanently to the plate. You get two drumsticks, some aqua-colored cut green beans and a measly portion of mashed potatoes covered with congealed and separated gravy. This meal weighs several pounds and sells for $35. It's not ornamental and it makes a nauseating paperweight. Give it to someone on a diet.

* Or you could buy a candle that looks like a strawberry sundae. It comes in a real sundae glass, which makes it a steal at $38. The whipped cream and the marischino cherry are very realistic.

* You can add a new dimension to hugging your pillow on those long and lonely nights with a pink satin pillowcase that has two stuffed breasts with pink nipples built into it. Only $35. That's just the pillowcase.

* And along these same lines we find male and female drinking mugs. One is shaped like a penis and the other, predictably, like a breast (did the designers decide the public just wasn't ready?) You're supposed to drink out of the nipple and the end of the penis.

Both mugs are pink, simulating real Caucasian flesh. Available for $17.95 each.

* For $45 you can get a stuffed pink satin pig having little baby piglets. The piglets, also pink satin, fit snugly inside the mother's belly. You can take them out one by one, or in any combination you like, simulating a real barnyard birth.

* But let's face it, all this is really only junk.

If you have someone special to buy for, run down to I. Magnin and pick up their floor-length fur coat made entirely of Russian lynx bellies for $100,000. If you want a little more for your money they also have a floor-length reversible number . . . one side is Russian Crown sable and the other dyed Karakul lamb. It's a crime and a bargain at $60,000.

* For a fur that even acts like it's still alive, pick up the 12 square-inch sable pillow that vibrates when you lean on it. You'll find it in the Bed and Bath Shop at I. Magnin for $75. Pressure-sensitive, batteries included.

If you know someone who can't find anything to fill that extra space in their foyer, buy them the copper rhinocerous at Gump's for $3,000. It's about four-and-a-half feet long and stands about two-and-a-half feet high. Charge the kids in the neighborhood a nickel to sit on it.

If you just want to give somebody a present from Gump's, get them stationery. Choice of colors, fifty sheets for $25.

*If you don't care about status or taste go back to Hot Flash and buy someone the Dagwood Sandwich ring. It's three inches of sterling silver and acrylic plastic baloney, tomatoes, cheddar, swiss, salami, pickles and onions. The sterling olive on top is stuffed with an acrylic pimento. The ring comes with its own sterling silver housefly, which apparently you have to carry around separately, and costs $2,500.

Now if you're really on a budget and can't afford any of those expensive stuffed animals, get a rubber chicken to hang from anywhere in your home for $6.98. It's well-plucked and hollow, and looks like it's been dead for awhile. No orifices. Its blue eyes are decently closed.

* An essential accessory for any man or woman's toilet is the black lacquer compact by Pierre Olivier for $60. Available in the cosmetics department at I. Magnin, it has a matching pillbox for $30. They're both very shiny.

* Tiffany and Co. offers an Elsa Peretti 20-karat gold mesh scarf, advertised as being "as supple as silk but with a shimmer only gold can bring. Wear it as a neck piece, headband, around your waist, or wherever you like . . ." At $2,500, you could have the most elegant dog leash on the block.

*If you'll be near New York for the holidays, stop by Henri Bendel's Paper Shop for an address book/appointment calendar with stripes of snakeskin decorating the cover. It's not known what the pages are made of, but for $62 it's got to be human skin at the least.



This model is not wearing the $100,000 coat mentioned in the story. That one was sold. This one costs $18,000.

Don't bother with the aspirin and forget about the chicken soup

Another course offers a field trip to a natural food store where "we will feel, see, hear, smell and taste our way through a local market."

by Robert Rubino

The knee bone is connected to the thigh bone and the thigh bone is connected to the hip bone and if you're hip enough, you too can experience "wellness."

Based in Mill Valley, the Wholistic Health and Nutrition Institution (WHN) promises "to assist individual in accepting responsibility for their own high level wellness." Well, now.

Rick Kozlenko, a physician and one of the WHN founders, said he had been dissatisfied for some time with the conventional approaches to health.

"I felt that there had to be a better way, and greater use of more natural therapies."

The Wholistic Health and Nutrition Institute was established three-and-a-half years ago. It has served over a thousand people by providing a clinic and offering classes and seminars dealing with the integration of mind, body and spirit.

"For the most part, the medical profession is illness oriented," said James Cloud, health resource consultant (among other jobs) at WHN. "Here, we are health oriented."

Although technically a non-profit organization, WHN is not exactly a hip version of socialized medicine, either.

The clinic, for example, offers a wide variety of services at a going rate of $50 for 50 minutes. These services range from "humanistic, whole person health care in which therapy takes the wider form of guidance" to "recognizing stress and creating a new relationship with the sources of the stress."

The quotes are from WHN's catalogue.

One of the classes available is "a Day of Living With the Herbs." Part of the course description reads: "We'll spend the morning walking and being with the wild edible and medicinal herbs. . . Please bring a lunch." Cost of the course: $20.

Another course offers a field trip to a natural food store where "we will feel, see, hear, smell and taste our way through a local market." The cost is $10.

"All our rates are quite reasonable," Cloud said. "Especially when you consider the alternative of paying a lot more for conventional medical treatment. We're basically interested in preventive measures here."

One of the 23 seminars at the Wholistic Health and Nutritional Institution is "Tools for Self-Discovery: Astrology." The official description: "An opportunity to discover how modern astrological symbolism can be used as an accurate and consistently reliable tool for understanding the dynamics of the human psyche." The seminar runs for a month of Tuesdays and its costs $40.

"Besides being relatively inexpensive," Cloud said, "the information we offer can save people thousands of dollars -- money that would have gone to conventional doctors." Cloud added that WHN prefers not to accept as patients people on Medical because "they (Medical) are not very prompt in paying."

In addition to his role as health resource consultant, Cloud is the health resource systems director and he's on WHN's board of directors. That eight member group decides the salaries of its 29 staff members. On the board of directors there is one doctor (not Cloud); among the staff there are 6 physicians. WHN operates largely from solicited donations.

According to WHN's public relations coordinator, Yvonne Goodman, "Lay persons have been trained to conduct classes and administer treatment."

Often treatment consists of a hop in the whirlpool bath, a rub down and a rap session. But staff people also get into Iridology, described as "the science of reading the iris of the eyes to assess overall well-being." ($35 for a 50 minute "reading.")

It could have merely been an off day, but a recent afternoon at the Institute failed to reveal anything much different than any other doctor's office.

A patient was questioned by a secretary about the patient's unpaid bill.

"I sent you a check in the mail," he said.

"For the whole amount?" the secretary asked.

"No," the man replied. "Fifty dollars."

"Well, we have no record of the check being posted."

"I sent it last week," the patient said.

"Would you like to give us the balance today?" the secretary asked. "And maybe you ought to call your bank about the check you say you mailed."

In that same waiting room a woman stood with anger in her face and frustration in her stooped posture.

"I've been waiting for 45 minutes," she said, at the verge of tears. "I had an appointment at two o'clock and I've been waiting for 45 minutes."

A man came in at 2:30 and told the receptionist he had an appointment with Yvonne Goodman.

"Yvonne's not here, the receptionist said in a sleepy, distant voice. "But she'll be back any minute."

Fifteen minutes later, the man inquired again and he received the same reassuring response. A half-hour later it was discovered Yvonne Goodman was in her office all the time. The receptionist shrugged and yawned.

Meanwhile, the triple-titled James Cloud was in his office, occupied with some private business.

"I'll have to disengage (from the interview)," Cloud said, also sleepily, after mumbling his way through a 5-minute interview. Cloud returned to his typewriter, and began hammering away on a book he's writing tentatively called "The Healthscription."

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Relaxing in the hot tub at the Wholistic Health and Nutrition Institute. Photo by Mike Musser

Centerfold

PHOENIX
San Francisco State University
Thursday, December 15, 1977
Vol. 6, No. 1

DEPRESSION

By Mike Habeeb

Depressed. Everyone feels it at one time or another.

Maybe you've been depressed because you didn't get into the college of your choice, or you flunked a test, or your business took a sudden turn for the worse. What gave you the blues often determines how long you will stay depressed. Normally, the period of what F. Scott Fitzgerald called "the dark night of the soul" lasts from a few days to a few weeks.

But that's normally.

In some cases, a person stays depressed for months, years. This long-term mental illness affects him both physically as well as mentally. Loss of appetite, not being able to perform at work or school, and in severe cases, suicide, are symptoms of this malady.

There are eight million people in the United States suffering from depression serious enough to require treatment, according to a study done by the National Institute of Mental Health. And according to a Mental Health Association booklet on depression, the treatment of 90 percent of the depressed patients is successful.

Although the successful treatment rate of depressed patients is high, the causes of depression are still not readily apparent to researchers.

Stressful events such as the loss of a loved one or a job can drop a person into the lap of serious depression. But it's more likely that many stressful events in a short period of time can bring on this illness.

"When you quit your job, or you are fired, or if you move and change location, friends and job, then that's a lot going on at one time – a lot of adjustments," said Fred Cosentino, clinical psychologist at the San Francisco Southeast Mental Health Center.

"And unless you do that because you want to, you can feel wiped out," he added. "All your support systems -- your job, friends – are gone. And it's quite likely that it leads one into a tail spin that may last for several months."

According to the Mental Health Association, "the transient and mobile nature of our society; sometimes unreasonable levels of aspiration; or the shifting roles of the sexes" may be the cause of depression. Other researchers feel that biological factors may cause depression. Particularly, they mention the change in the amount of a chemical (amines) stored in the part of the brain that regulates a person's actions, emotional state, and thinking as a possible cause. But what's baffling to researchers is that some people are depressed for no apparent reason.

"These people seem to be depressed about the smallest things. They seem to be depressed as a way of life," Cosentino said. "They feel a great sense of personal inadequacy and are overwhelmed by normal happenings in everyday life."

Whatever the cause, depression is real and can cause a person to leave work, school or in extreme cases, provoke suicide.



Photo: Bob Andres

"If what's going on inside a person's head is so overwhelming, then it may make it difficult or impossible for a person to deal with a job situation," Cosentino said. "A person who's very depressed typically has a hard time doing basic things like getting up and getting out of the house. Everything feels like it takes so much energy.

"In more extreme cases, people may have self-destructive fantasies," he said.

Depressive illness was diagnosed in as many as 80 percent of sample cases of suicidal patients, according to a study recently issued by the British Journal of Psychiatry.

Cosentino talked about the symptoms of severe depression: "Its signs and symptoms include trouble in sleeping, either difficulties in falling asleep, or difficulties once you've fallen asleep; waking up at 5 o'clock in the morning and not being able to turn over and go right back to sleep.

"Depression may manifest itself by excessive eating, excessive worry, excessive fatigue," he added. "In some cases, a person may not eat at all and lose a lot of weight."

Other symptoms include impotence, dizziness, abnormal heart beat, inability to concentrate, loss of basic desires, crying and screaming, and excessive guilt feelings and feelings of isolation.

"Typically, one thing that depressed people do is isolate themselves from other people," Cosentino said.

Sometimes the symptoms are not evident. This is called "masked" depression. A New York psychiatrist talked about "masked" depression in an April 13 article in the *San Francisco Chronicle*. He said, "The exhausted housewife, the bored adolescent and the occupational underachiever are often suffering from depression just as truly as the acutely suicidal patient or the one who refuses to get out of bed."

In a *Chicago Sun-Times* article, a woman was reported to have had episodes of depression for 20 years. The woman, Laurel, was in her mid-forties and said she started having these episodes after she gave birth to the last of her children. She said, "I felt inadequate as a woman and a mother. I felt I was ugly and that I couldn't raise children and keep my house like other women." She cried often and became withdrawn from family and friends. She said, "I began to have fears of mental collapse, and my feelings of self-pity increased. Then I became angry with myself. My depression increased. I thought of suicide. Everything I did became an emergency. I couldn't even go shopping. The trivialities of everyday living became what I visualized as insurmountable problems."

Laurel was taken to the doctor for a physical examination. The doctor determined that Laurel's condition was not the result of any physical ailment. Laurel was given amphetamines to lift

(continued on page four)

BACKWORD

A different kind c Christmas celebr

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They sang to the monotonous beat of a drummer, who sat below a sign that said "Happy Holidays." A guitar and a piano helped fill the void between the young voices and the drum.

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SF filmmaking: lights, cameras, p



By Robert Rubino

It was a July morning in 1976, Jeanne Gartland's first day on the job. Her telephone rang. "We want to blow up some trucks at the Third Street Bridge," the voice on the phone snapped.

No, Gartland wasn't receiving a threat from a terrorist group. The voice on the phone belonged to an assistant director for Warner Brothers. He was calling on behalf of Clint Eastwood -- who was in town directing and starring in another shoot-first-ask-questions-later cop movie, *"The Enforcer."*

Gartland told the assistant director she'd get back to him and then she made a series of phone calls that involved a Kissinger-like technique of blending assertiveness, diplomacy, promises and demands.

"I had to get permission and clearances from a lot of people," Gartland said recently during a rare lull in her day's activities. It was late afternoon and she was taking her first meal of the day -- a few spoonfuls of cherry yogurt.

"I had to talk to the Department of Public

CENTERFOLD-PAGE TWO Drawing: Bill Cone

Works, the street repair people, the Bureau of Engineers, the people at Tunnels and Bridges, the Fire Department, PG&E, and of course the Police Department.

"I had to give them all assurances that the area would be made safe and that everyone involved had insurance. I needed everyone's cooperation to keep things moving efficiently. An hour-and-a-half later I told Clint Eastwood to go ahead and blow up his trucks."

Jeanne Gartland works for the city of San Francisco, under the auspices of the mayor's office. Her official title is San Francisco Film Coordinator -- a job that has all the trappings of prestige and glamour but in fact is mostly frantic, thankless and tedious work.

"Sometimes I feel I'm just a glorified 'go-fer'," Gartland said.

Since starting her job a year-and-a-half ago, Gartland has coordinated 22 films and more than 350 commercials.

"Coordinating" can mean fielding citizens' complaints, dispatching police for security or finding rain.

Colin Higgins, currently directing *Foul Play* for Paramount in the city, called Gartland recently. Higgins wrote *Silver Streak* and *Harold and Maude; Foul Play* is his directing debut and he asked Gartland for help.

"He needed some rain," Gartland laughed. "They were shooting a scene and needed to wet down a street to make it look like it had been raining. It was up to me to find the water."

To use recycled water required too much time testing and filtering, and Gartland's prime responsibility is to expedite matters. She had to shop around for a truck full of unrecycled water.

"When people hear it's for a film company, they think they can charge anything and get away with it," Gartland said. "I don't have the authority to negotiate prices but it is my job to find the best deal and not get ripped off. One time I needed a couple of hundred "No Parking" signs made quickly for a location shot and the Department of Public Works wanted $60 apiece. I shopped around and found a union shop that could make them for $30 each."

After several calls, Gartland found a small,

Don't bother w

by Robert Rubino

Another course offers a field trip to a natural food store where "we will feel, see, hear, smell and taste our way through a local market ."

The knee bone is connected to the thigh bone and the thigh bone is connected to the hip bone and if you're hip enough, you too can experience "wellness."

Based in Mill Valley, the Wholistic Health and Nutrition Institution (WHN) promises "to assist individual in accepting responsibility for their own high level wellness." Well, now.

Rick Kozlenko, a physician and one of the WHN founders, said he had been dissatisfied for some time with the conventional approaches to health.

"I felt that there had to be a better way, and greater use of more natural therapies."

The Wholistic Health and Nutrition Institute was established three-and-a-half years ago. It has served over a thousand people by providing a clinic and offering classes and seminars dealing with the integration of mind, body and spirit.

"For the most part, the medical profession is illness oriented," said James Cloud, health resource consultant (among other jobs) at WHN. "Here, we are health oriented."

Although technically a non-profit organization, WHN is not exactly a hip version of socialized medicine, either.

The clinic, for example, offers a wide variety of services at a going rate of $50 for 50 minutes. These services range from "humanistic, whole person health care in which therapy takes the wider form of guidance" to "recognizing stress and creating a new relationship with the sources of the stress."

The quotes are from WHN's catalogue.

One of the classes available is "a Day of Living With the Herbs." Part of the course description reads: "We'll spend the morning walking and being with the wild edible and medicinal herbs. . . Please bring a lunch." Cost of the course: $20.

Another course offers a field trip to a natural food store where "we will feel, see, hear, smell and taste our way through a local market." The cost is $10.

"All our rates are quite reasonable," Cloud said. "Especially when you consider the alternative of paying a lot more for conventional medical treatment. We're basically interested in preventive measures here."

One of the 23 seminars at the Wholistic Health and Nutritional Institution is "Tools for Self-Discovery: Astrology." The official description: "An opportunity to discover how modern astrological symbolism can be used as an accurate and consistently reliable tool for understanding the dynamics of the human psyche." The seminar runs for a month of Tuesdays and its costs $40.

"Besides being relatively inexpensive," Cloud said, "the information we offer can save people thousands of dollars – money that would have gone to conventional doctors." Cloud added that WHN prefers not to accept as patients people on Medical because "they (Medical) are not very prompt in paying."

In addition to his role as health resource consultant, Cloud is the health resource systems director and he's on WHN's board of directors. That eight member group decides the salaries of its 29 staff members. On the board of directors there is one doctor (not Cloud); among the staff there are 6 physicians. WHN operates largely from solicited donations.

According to WHN's public relations coordinator, Yvonne Goodman, "Lay persons have been trained to conduct classes and administer treatment."

Often treatment consists of a hop in the whirlpool bath, a rub down and a rap session. But staff people also get into Iridology, described as "the science of reading the iris of the eyes to assess overall well-being." ($35 for a 50 minute "reading.")

It could have merely been an off day, but a recent afternoon at the Institute failed to reveal anything much different than any other doctor's office.

A patient was questioned by a secretary about the patient's unpaid bill.

"I sent you a check in the mail," he said.

"For the whole amount?" the secretary asked.

"No," the man replied. "Fifty dollars."

"Well, we have no record of the check being posted."

"I sent it last week," the patient said.

"Would you like to give us the balance today?" the secretary asked. "And maybe you ought to call your bank about the check you say you mailed."

In that same waiting room a woman stood with anger in her face and frustration in her stooped posture.

"I've been waiting for 45 minutes," she said, at the verge of tears. "I had an appointment at two o'clock and I've been waiting for 45 minutes."

A man came in at 2:30 and told the receptionist he had an appointment with Yvonne Goodman.

"Yvonne's not here, the receptionist said in a sleepy, distant voice. "But she'll be back any minute."

Fifteen minutes later, the man inquired again and he received the same reassuring response. A half-hour later it was discovered Yvonne Goodman was in her office all the time. The receptionist shrugged and yawned.

Meanwhile, the triple-titled James Cloud was in his office, occupied with some private business.

"I'll have to disengage (from the interview)," Cloud said, also sleepily, after mumbling his way through a 5-minute interview. Cloud returned to his typewriter, and began hammering away on a book he's writing tentatively called "The Healthscription."

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Relaxing in the hot tub at the Wholistic Health and Nutrition Institute. Photo by Mike Musser

, politics



ndependently owned water truck in Napa. The rice: $7.50 for the water, $67.50 for the time. Minutes later, the other production company town, Solo Films, called. They were filming a emake of the 1956 grade "B" science fiction lassic, *The Invasion of the Body Snatchers.* hey needed to water down a street for a rain ffect also. For Gartland, it meant more phone alls, more shopping around.

Gartland, in her mid-20's, fashionably and mpeccably attired, exudes confidence and mbition. Her job as the city's film coordinator as created and designed by her and for her.

"I was working as a tour guide at the Opera ouse," Gartland said. I had done work as a roduction assistant for some television stations I had a little background. I was curious about ow the city handled things when film mpanies came to town.

"When I discovered there was nobody in arge - only a haphazard way of coordinating ings - I wrote up a proposal creating the sition and suggested that I was the one for the b. Mayor Moscone approved it and here I am."

Gartland is a native San Franciscan. Her father is Eugene Gartland, a prominent trial lawyer in San Francisco and a member of Jennings, Gartland, and Tilly law firm.

Lacking a scholarly aptitude, Gartland dropped out of the University of Nevada, Reno when she was 18 and began working as KLOO's television weatherwoman. The Reno station paid her $5 per show. She soon became interested in the production end of entertainment and learned camera work and editing before returning to San Francisco.

Working for the city gives Gartland an understandable amount of clout.

"When I'm calling for something and I say I'm from the mayor's office," she said, "people are usually accomodating."

Producer Irwin Allen (*The Towering Inferno* also made in SF) wants to make a new disaster film, *The Golden Gate* -- which is self-explanatory. One scene calls for a helicopter chase directly above the famous bridge.

"The Bridge Authority won't allow filming on or near the bridge," Gartland said. "I don't understand their reluctance. We've given them assurances of safety, I've been to bridge meetings, the mayor has personally encouraged their cooperation and still they won't allow it."

Finally, a friend told Gartland about a miniature replica of the Golden Gate on the Feather River in Oroville. The Oroville authorities have given permission. It looks like, through the magic of special effects, a rural location will be an unlikely setting for *The Golden Gate.*

On a location scene for *Foul Play,* it's not difficult to understand why Gartland has to occasionally fend off irate citizens.

Early one morning, the Paramount crew of about 50 people -- technicians, carpenters, mechanics, stunt persons, actors and go-fers arrived at Laguna and Clay. Much of the morning involved the noisy construction of a fifteen-foot high, twenty-foot long ramp in the middle of the intersection. Extra police were used for security and to distribute no parking barriers around the Laguna-Clay area where parking is normally permitted.

Some of the people working on the ramp jokingly told a few residents of the neighborhood that the construction was for a new BART station. The neighborhood people didn't think it was funny and the mayor's office received several irate calls.

The crew was almost all male, and they all looked like they just stepped out of Esquire magazine macho ads. Some carried walkie-talkies. They looked glamorous, healthy and bored.

Long hours passed before the stunt was filmed -- a fifteen-second sequence of a limousine racing up the ramp, flying through the air and screeching down the steep street. The rest of the day was spent milling around the neighborhood and taking the ramp apart.

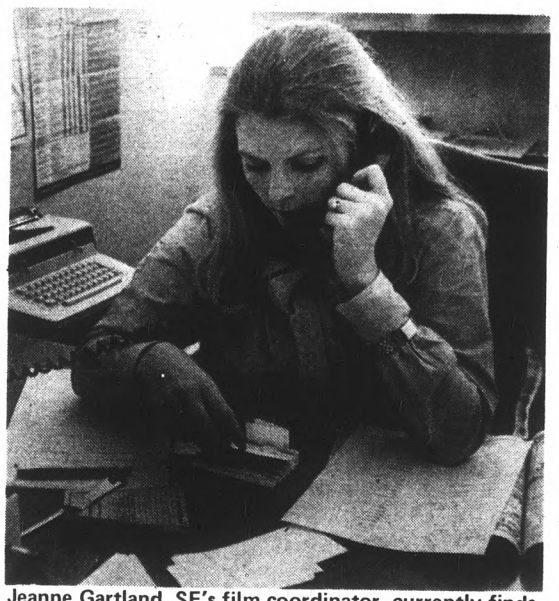
But much of the day's activities necessitated the closing of sections of Laguna, Clay, California and Sacramento streets, and Muni fell behind schedule.

One of the people inconvenienced was Dianne Feinstein, member of the city's board of supervisors. That inconvenience has resulted in a plan, initiated by Feinstein, which would require the film companies to follow more orderly procedures when they work in San Francisco.

"As it is now," Feinstein said, "the film companies are free to just move in, stop Muni, occupy streets and sidewalks, and generally make a nuisance."

Feinstein's plan, submitted to the City Attorney's office on Nov. 22, would require filmmakers to use only off-duty policemen.

"There's no good reason for using on-duty police to accommodate the film companies,"



Jeanne Gartland, SF's film coordinator, currently finds herself in the midst of a tug-of-war between the film industry and Supervisor Dianne Feinstein.

Feinstein said. "There has been an inability to get on-duty police to fires and other emergencies."

Feinstein said her plan would also require filmmakers in the city to pay a rental fee for the use of any public buildings and properties, and would further mandate the movie people to formally request street closings -- "like anyone else has to do."

Obviously, Gartland feels differently.

"The film companies generate a lot of good will and revenue for the city," she said. "If this new plan goes through, it will discourage filmmaking in San Francisco. That incident the other day was exaggerated. Muni was only eight minutes late and the citizen's complaints were minimal."

Feinstein does not believe her plan will seriously hamper future moviemaking.

"Not at all," the supervisor said. "There are no real controls now, and some procedures are needed."

The controversy hasn't dampened Jeanne Gartland's spirit, though. On Dec. 2 *The Invasion of the Body Snatchers* cast and crew converged on the Coit Tower area of Montgomery and Union Streets. And next week, the Transbay bus terminal on Mission St. will be another location scene for *Body Snatchers.*

"It's going to be fantastic," Gartland said. "They've hired about 500 extras -- all local people. They're going to do a scene where these 500 -- playing townspeople in zombie-like trances -- are chasing the heroes. Imagine all those zombies running around Mission Street!"

If you doubt there's no business like the film coordinating business, ask Jeanne Gartland. Or Dianne Feinstein.



Cameramen at Laguna and Clay spent nearly all day preparing to film a fifteen-second stunt in Paramount's Foul Play.

Photos: Bob Andres

CENTERFOLD-PAGE THREE

BACKWORD

A different kind Christmas celebr

by Mike Habeeb

She sat in a wheelchair, secured by a beige belt. A trace of a smile appeared on her face.

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The dancer room. The lead embroidered b wore a beret cumberbund, matador outfit dressed in wide

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(continued from page one)

her from her depressed state. The drug treatment made her feel better for a few months but after that Laurel's depressed state recurred and she was hospitalized several times. She is now trying to recover by attending a self-help organization.

Treatment of depressed patients consists mainly of psychotherapy. According to the Mental Health Association, depressed patients are sometimes given anti-depressant drugs when the cause of the depression is determined to be biological.

Cosentino said that if a patient appeared suicidal, he would send him to a psychiatrist for an evaluation and medical treatment.

Cosentino's approach to treating a depressed person is based on "psycho-social" theories. He said that if a person felt a loss, he would try and help that person accept it.

"In some cases, a person stays depressed for months, years."

"The focus would be what's happened to the person," Cosentino said. "How he's feeling about it – what he's telling himself about it helps a person become aware of what's going on in his head. Then we deal with that and take a look at what he can do.

"For example, people who are depressed perk up when they are around other people. I would encourage them to talk to their friends, go out and make new friends, because it has a tremendous effect," he said.

"The worse thing you can do is to tell a person that he ought to do what he can't do. It just makes him feel lousy," said Morton Weinstein, associate professor of psychiatry at the Langley-Porter Institute.

"People usually don't need advice," Weinstein said. "There's something in the way – a loss of optimism, a loss of energy, a loss of being able to cope, a loss of anticipation of pleasure -- that makes the advice seem useless or impossible to follow."

"The treatment for depression centers on the circumstances that seem to be related to creating it," Weinstein said.

"He (the psychiatrist) is going to try to understand what is in the way of a person doing what that person would ordinarily do to enjoy life, to be happy," said Weinstein. "To know what's in the way of somebody pursuing the ordinary interests of his life, requires that you know a great deal about that person."

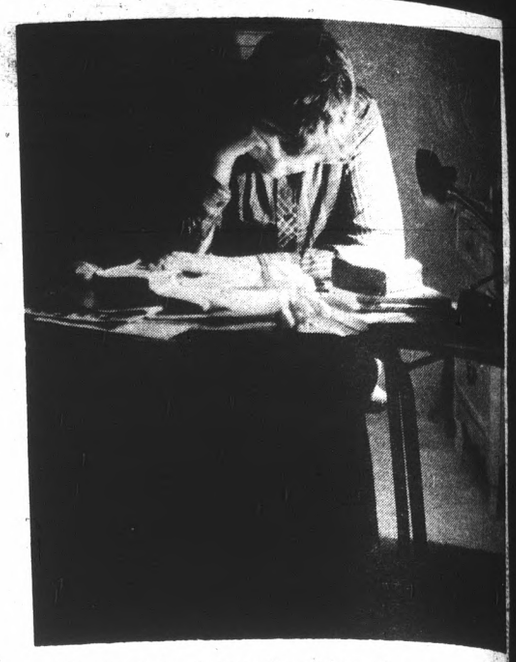
According to Weinstein, if a patient feels that the therapist knows the problem and can help him get out of his depressed state, then the patient will get better. Weinstein said, "A therapist comes to a patient and says 'I've got a way of understanding your trouble. I'll help you feel better.' If a patient can believe in the therapist, he will feel better.

"There are characteristic kinds of situations, like people who base their self-esteem on a certain kind of performance," he said. These people (Weinstein used students as examples) base their self-esteem on their successful academic life. Then when they're faced with competition such as in graduate school, if they don't end up at the top of the class, they feel an identity loss.

"For that moment, they are deprived of what they think is good about themselves," Weinstein said. "Until they can broaden their basis for self-appraisal, until they can find other ways to feel good about themselves, they are liable to feel lost or helpless."

So, after the therapist understands circumstances that lead a person into a depressed state, the next step is to probe into the person's background to find out the root of the problem.

"Then the question is how did it happen that that person grew up with such excessive or exclusive focus on that particular piece of himself," Weinstein said. "To understand how that happened, there is usually an extensive historical review. In an ideal situation, the patient begins to figure out how he began to think of himself exclusively as a student, Phi Beta Kappa, a jock or whatever."



Whether it be expectations of people or peer pressure, the person must "go back and have a new conversation with them and say: 'Look, that may be important to you that I do this and that and not other things, but now I'm me and I'm separate from you. I have to pick some threads and weave them into my own life. They may not be the ones you wanted, but they fit my need better,' " Weinstein said.

Once a person emerges from a depressed state, according to the Mental Health Association, he enjoys life more, becomes more productive, and is able to strike a better balance between work and leisure.

Men like Abraham Lincoln, Winston Churchill, and Charles Darwin suffered depression. So did Joe the accountant, Mary the doctor, perhaps the person next to you, and maybe you too.

One student's struggle to cope



It was mid-October, 1976. Allan sat in class at SF State and tried to listen to his professor. Allan's fist supported his chin as he leaned hard on the brown desk with his elbow. He sat at the rear of the classroom and after the first five minutes, he began to daydream, only to be brought back by the professor dismissing the class. Al missed the 50-minute lecture but didn't care much.

* * *

Two months later, Allan's hands trembled over the piano keys. His head jerked nervously and he began to play "Annie's Song." Allan succumbed to what his psychiatrist later called a "white out." He couldn't hear the music. The song was in his hands because he had played it so many times. He continued to press the keys for his sister, the singer. Allan was oblivious to the audience's reaction. His pale, blank stare made him look despondent, alone.

* * *

The limbs of the green, artificial Christmas tree were weighted down by green, blue, red and pink ornamental plastic bulbs. Two strings of twinkling lights were wrapped around the tree. They lit the room where the tree stood. Johnny Mathis was singing "O Holy Night" on the record player.

Allan was lying awake on the living room couch. He was wearing pajamas, a robe, and a red stocking cap. His face was buried deep into a pillow and he felt cold inside despite the warmth and security his home, family and friends provided. He looked up for a brief moment. His eyes were puffy and red. He had been crying. Allan had to leave school days earlier. He couldn't finish the semester.

Voices could be heard in the next room. Allan's parents were talking.

"What's wrong with Allan?" his mother asked.

"You know what the psychiatrist told him," Allan's father said. "He's suffering from severe depression."

* * *

Nearly a year later, Allan (his name and other identifying details have been changed) sits in his home and thinks of the months that he battled depression. The healing process was painful. He said, "Pressures and anxieties -- school, competition, deciding what I want -- are still around but I'm coping with them better now. Last year, and a good part of this year, I couldn't cope with those pressures."

He began to feel depressed in October, 1976. He sought help from his priest, the Rev. Bill Font. They would talk about Allan's feelings of inadequacy and lack of interest in school.

"I'm having trouble doing my assignments at school, getting interested," Allan said to the priest.

"I'm not sure I want to go to law school anymore. I don't think I'm ready. I mean, I don't think I can get into law school -- my grades aren't good enough. This semester I thought I'd study harder and improve my grade point average. That hasn't happened. I've studied but my grades are just average. Maybe I'm just not smart enough."

Font looked sympathetically at Allan. The sun had just gone down. The church office was dark and dreary. Allan pressed his temples trying to ward off a headache.

Allan talked to Font about death – about how he wouldn't know how to handle a death in the family. Allan spoke of his fear of going to the hospital for an operation he was scheduled to have in late November. As a result of this combined anxiety, Allan worried excessively, slept little, and lost his appetite. He didn't want to leave the house or do assignments or spend time with friends. Font, watching Allan fall deeper into depression, suggested that Allan seek professional help -- a psychiatrist.

As a last resort, Allan went to Dr. Ken Stick for help. He wasn't getting better and medical tests revealed no biological cause for his depressed state.

Allan was nervous sitting in the psychiatrist's office. His head was hurting as the blood swirled around in his brain, his stomach moaned and the tips of his fingers tingled. Allan thought he was losing his mind. The psychiatrist walked into the office. He was wearing an opened-collared short-sleeved shirt, brown slacks and slipper-shoes.

He extended his hand to greet Al. "Would you like a cup of coffee?" Stick asked. Allan said no but felt a bit more comfortable because of Stick's informal style. He met with Stick several times after Dec. 17.

Allan wrote this in his ledger after his last meeting with Stick in April of 1977: "I've undressed my soul to this man, told him my deepest feelings and thoughts. He always knew what to say and when not to say anything." Stick advised Allan to avoid pressure situations. Allan didn't apply for the spring semester at school. He only did things that made him feel good -- exercising, reading, and writing.

Stick prescribed an anti-depressant drug, Vivactil, to help Allan regain his strength – he had lost 15 pounds as a result of the depression. The most helpful treatment was when Stick talked to Allan about feelings, thoughts and ideals. Allan recorded the changes he felt in a journal.

"Although my illness was a painful experience, it was a learning experience for both me and my family," Allan wrote. "I have lowered my expectations, become more realistic about my goals. My family is a bit more in tune with my feelings. And most important, I'm more in tune with my feelings."

Allan got a job in April and worked until he returned to the university in September, 1977. He read and wrote incessantly to try and rebuild confidence in his intellectual ability. And he exercised, with friends and family -- people that were important to his recovery.

Months passed before Allan could face some of his friends. He was ashamed of what had happened to him. He would only speak to his closest friends. They tried to understand Allan's illness. His family was sympathetic and supportive.

"What you're going through happens to everybody," his friend Joe said. Allan didn't believe his friend and thought he really didn't understand the problem. But his reading about depression, Allan was to learn that his symptoms were common, that other people felt exactly as he did, that he wasn't alone, that perhaps what had happened to him was not shameful.

His family and friends didn't treat him any differently -- they still talked to him, ate with him, and laughed with him. They didn't reject him and he ultimately felt more secure with himself.

Allan looks at his depression now as if it was a broken arm or leg preventing him from carrying on everyday functions. Whenever he feels depressed, because pressures and fears are still present, he fights it off by talking about it, doing something that makes him feel good, realizing that he's not alone.

– M.

Photos: Bob An

CENTERFOLD-PAGE FOUR

Don't bother w

by Robert Rubino

Another course offers a field trip to a natural food store where "we will feel, see, hear, smell and taste our way through a local market."

The knee bone is connected to the thigh bone and the thigh bone is connected to the hip bone and if you're hip enough, you too can experience "wellness."

Based in Mill Valley, the Wholistic Health and Nutrition Institution (WHN) promises "to assist individual in accepting responsibility for their own high level wellness." Well, now.

Rick Kozlenko, a physician and one of the WHN founders, said he had been dissatisfied for some time with the conventional approaches to health.

"I felt that there had to be a better way, and greater use of more natural therapies."

The Wholistic Health and Nutrition Institute was established three-and-a-half years ago. It has served over a thousand people by providing a clinic and offering classes and seminars dealing with the integration of mind, body and spirit.

"For the most part, the medical profession is illness oriented," said James Cloud, health resource consultant (among other jobs) at WHN. "Here, we are health oriented."

Although technically a non-profit organization, WHN is not exactly a hip version of socialized medicine, either.

The clinic, for example, offers a wide variety of services at a going rate of $50 for 50 minutes. These services range from "humanistic, whole person health care in which therapy takes the wider form of guidance" to "recognizing stress and creating a new relationship with the sources of the stress."

The quotes are from WHN's catalogue.

One of the classes available is "a Day of Living With the Herbs." Part of the course description reads: "We'll spend the morning walking and being with the wild edible and medicinal herbs. . . Please bring a lunch." Cost of the course: $20.

Another course offers a field trip to a natural food store where "we will feel, see, hear, smell and taste our way through a local market." The cost is $10.

"All our rates are quite reasonable," Cloud said. "Especially when you consider the alternative of paying a lot more for conventional medical treatment. We're basically interested in preventive measures here."

One of the 23 seminars at the Wholistic Health and Nutritional Institution is "Tools for Self-Discovery: Astrology." The official description: "An opportunity to discover how modern astrological symbolism can be used as an accurate and consistently reliable tool for understanding the dynamics of the human psyche." The seminar runs for a month of Tuesdays and its costs $40.

"Besides being relatively inexpensive," Cloud said, "the information we offer can save people thousands of dollars – money that would have gone to conventional doctors." Cloud added that WHN prefers not to accept as patients people on Medical because "they (Medical) are not very prompt in paying."

In addition to his role as health resource consultant, Cloud is the health resource systems director and he's on WHN's board of directors. That eight member group decides the salaries of its 29 staff members. On the board of directors there is one doctor (not Cloud); among the staff there are 6 physicians. WHN operates largely from solicited donations.

According to WHN's public relations coordinator, Yvonne Goodman, "Lay persons have been trained to conduct classes and administer treatment."

Often treatment consists of a hop in the whirlpool bath, a rub down and a rap session. But staff people also get into Iridology, described as "the science of reading the iris of the eyes to assess overall well-being." ($35 for a 50 minute "reading.")

It could have merely been an off day, but a recent afternoon at the Institute failed to reveal anything much different than any other doctor's office.

A patient was questioned by a secretary about the patient's unpaid bill.

"I sent you a check in the mail," he said.

"For the whole amount?" the secretary asked.

"No," the man replied. "Fifty dollars."

"Well, we have no record of the check being posted."

"I sent it last week," the patient said.

"Would you like to give us the balance today?" the secretary asked. "And maybe you ought to call your bank about the check you say you mailed."

In that same waiting room a woman stood with anger in her face and frustration in her stooped posture.

"I've been waiting for 45 minutes," she said, at the verge of tears. "I had an appointment at two o'clock and I've been waiting for 45 minutes."

A man came in at 2:30 and told the receptionist he had an appointment with Yvonne Goodman.

"Yvonne's not here, the receptionist said in a sleepy, distant voice. "But she'll be back any minute."

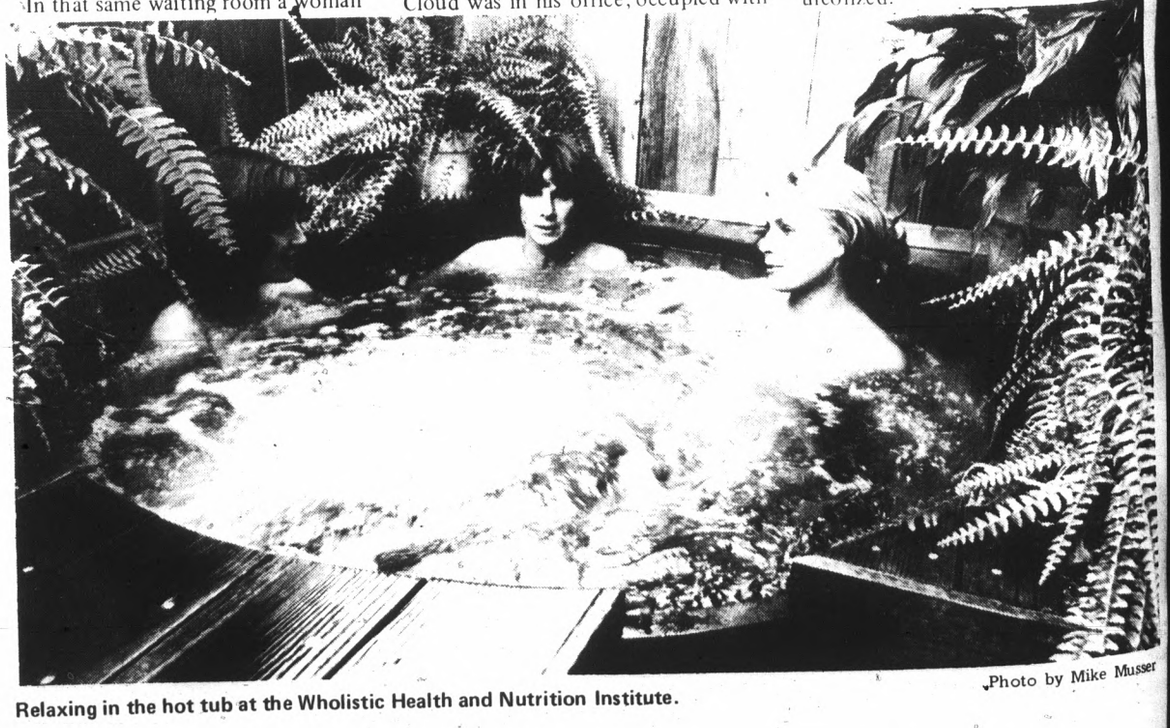
Fifteen minutes later, the man inquired again and he received the same reassuring response. A half-hour later it was discovered Yvonne Goodman was in her office all the time. The receptionist shrugged and yawned.

Meanwhile, the triple-titled James Cloud was in his office, occupied with some private business.

"I'll have to disengage (from the interview)," Cloud said, also sleepily, after mumbling his way through a 5-minute interview. Cloud returned to his typewriter, and began hammering away on a book he's writing tentatively called "The Healthscription."

At Mill Valley's Wholistic Health and Nutrition Institution, gone are the days of the "take-two-aspirins-and-call-me-in-the-morning" philosophy. Drugs are used only as a last resort at the WHN.

"We try to communicate that pain is a friendly thing. . ." Cloud said before yawning. "It's simply a message from your body to your brain," he theorized.



Relaxing in the hot tub at the Wholistic Health and Nutrition Institute.

Photo by Mike Musser

ORIGINAL DEFECTIVE